2010 ~ 2011

Robert Land Academy

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Wellandport, Ontario, Canada
905-386-6203 www.rla.ca

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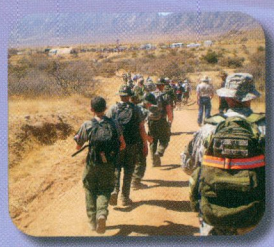
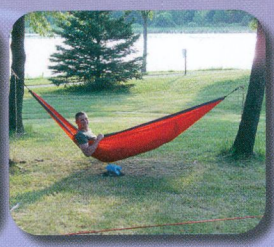
year in review

A Message from the Headmaster

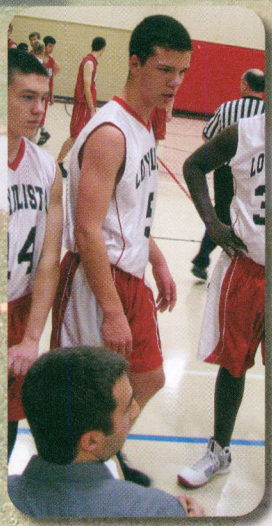
This year marks Robert Land Academy's 32nd year of operation, having served over 3,000 young men. Many of our students have been able to take with them improved health and physical fitness as well as a better sense of self, purpose and direction. They have learned to set and accomplish goals and also experience success in areas they once believed impossible. We are extremely proud of our Alumni. They can be found in virtually every profession and in many parts of the world.

It is with great pleasure that this year we welcome Brigadier General (Ret) Jack R. Fox as our Honourary Colonel. General Fox exemplifies the Academy's five values and we look forward to his ongoing support in this role.

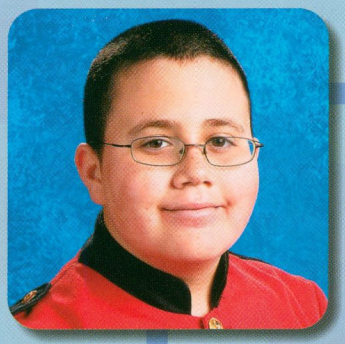
To all students, I congratulate you on your many successes over the past year. The courage you have shown in meeting the many expectations and overcoming challenges has been commendable.

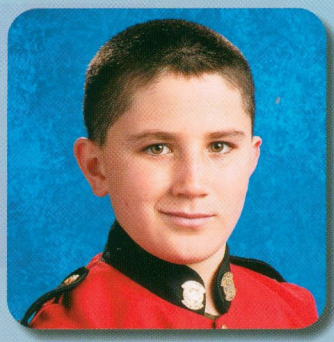
To our grade 12 graduates, I extend my best wishes to your future studies and careers. You have worked diligently to achieve your goals and the labour and commitment that you have displayed in the process will serve you well in all areas of life.

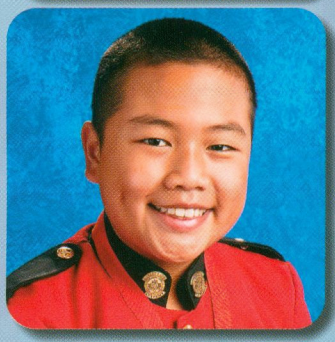
I Remain,
Respectfully Yours,
G. Scott Bowman (Lieutenant Colonel)
Founder & Headmaster



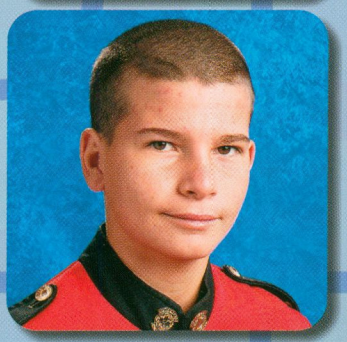
grades 6 & 7

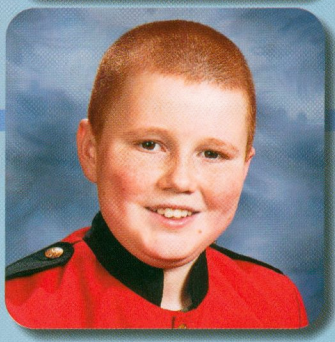






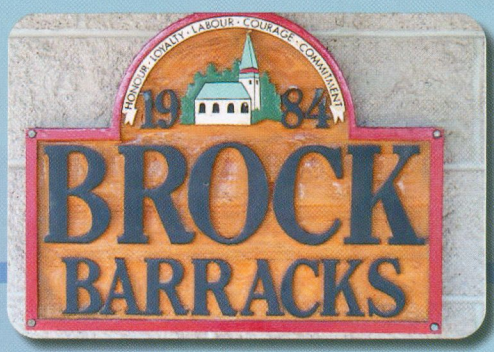
Nicholas Shaver
Nicholas Whittaker

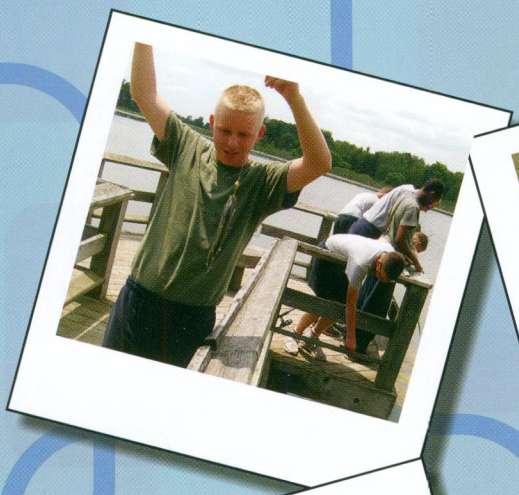




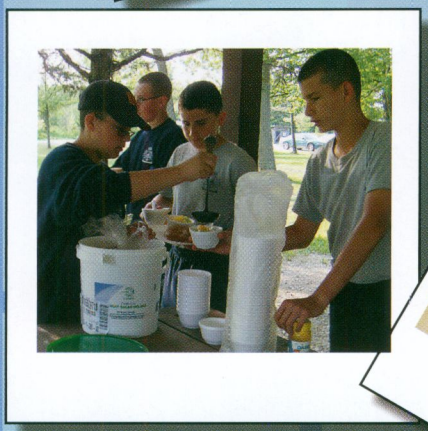
Ben Chkolnik
Zachary Dies
Colin Gibbons
Edouard Guinet

Andre Ibarguen
Ethan Lambie
Steve Martinez
Brandon Wade





Captain G. Bowman
Company Commander



MWO I. Davidson
Company Sergeant Major

alpha COMPANY

A COMPANY GRADUATES

David Koetsier

Quinn Markty

Nicholas Menner

Brandon Montgomery

Gabriel Perrin

Himmat Sangha

John Skrzypczak

Justin Thornton

Brandon Wysocki

COMPANY

braVo

Grade 9

Wyatt Anderson
Holden Barr
Anthony Fares
Jonathan Fraser

Navjot Grewal
Shawn Keirle
Saare Kidane
Calvin Lee

Ho Sing Lee
Michael Liu
Jordan MacLennan
Victor Maglicic

William Pang
Eiren Quintero
Stefan Rowland
Dayne Roy

Liam Skrinjarik
Joseph Stengler
Quintin Stull
Steven Totty-Hefley

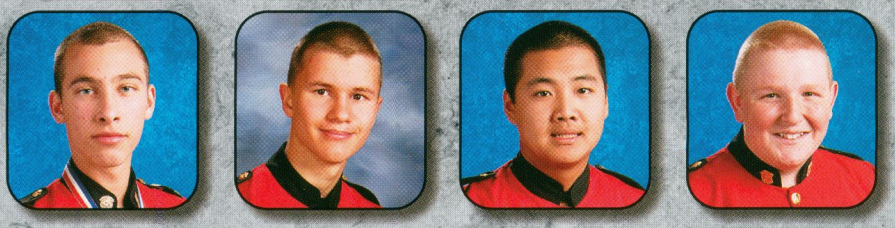
Michael Upfold
Jake Wells
Thomas White
Han Li Zou

Elliott Aiton
Wing Hing (Kelvin) Chan

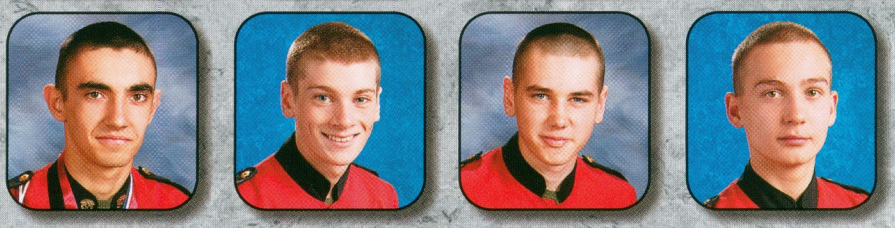
Marc Cino
Kyle Delaney
Raymond Dobbin
Colin Ducharme

Mason Engel
Bradley Follows
Juan Grover
Daniel Johnson

Erik Kartin
Anatoli Kouxov
William Li
Jordan Lilly



Alexander Macintyre
Geoffrey Monckton
Colby Neufeld
Alexander Pryl



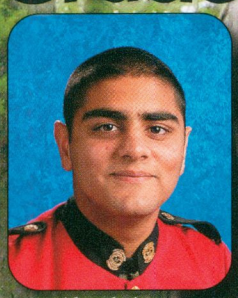
Tristen Ramsay
Timur Sadri
Alexander Shevalev
Kevin Smith

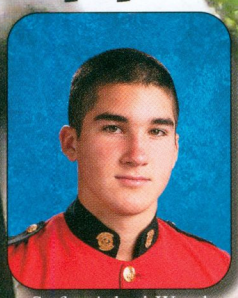
Maxwell Ward
Taylor Watson
Graham Willis
Di Wei Zheng

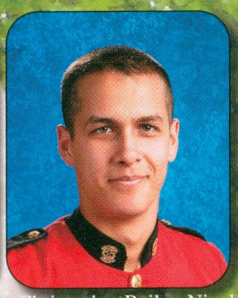
Grade 10

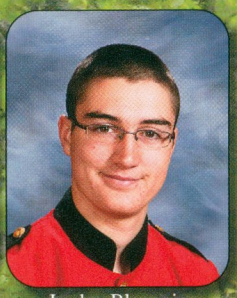
Grade 11

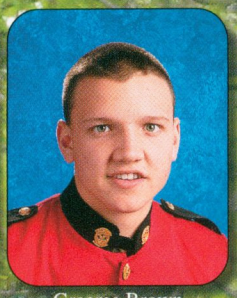
charlie COMPANY

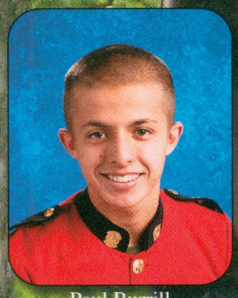

Akaash Angra

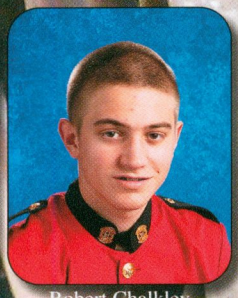

Stefan Arlotti-Wood

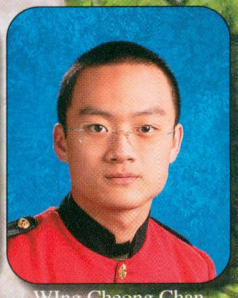

Christopher Bailey-Nicol

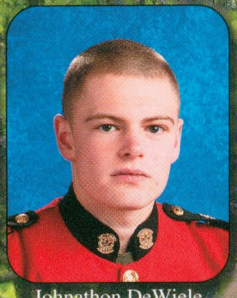

Jordan Blagonic


Graeme Brown

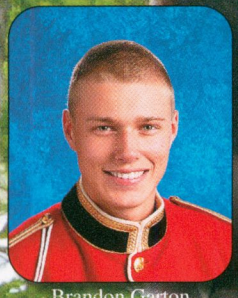

Paul Burrill

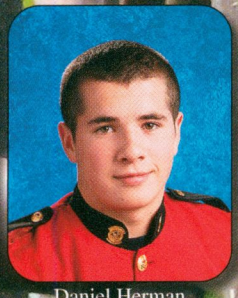

Robert Chalkley

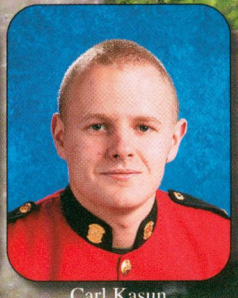

WIng Cheong Chan

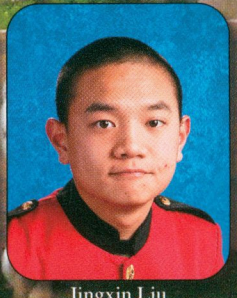

Johnathon DeWiele

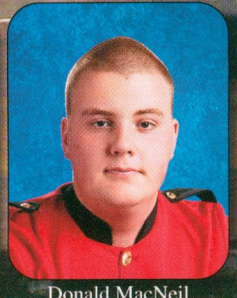
Torrance Frederick

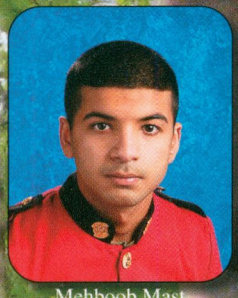

Brandon Garton

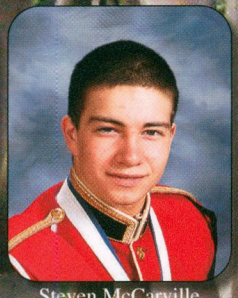

Daniel Herman

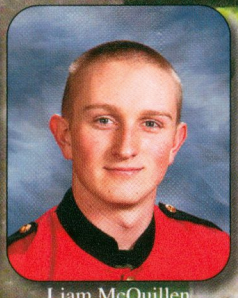

Carl Kasun

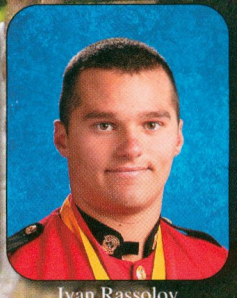

Jingxin Liu

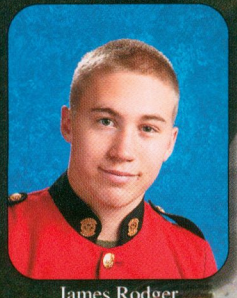

Donald MacNeil

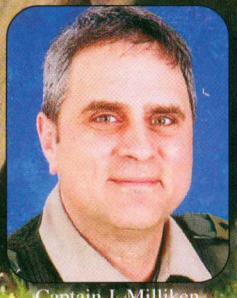

Mehboob Mast

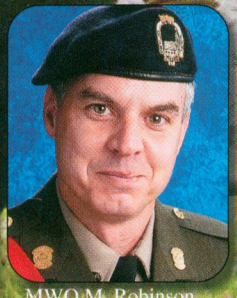

Steven McCarville

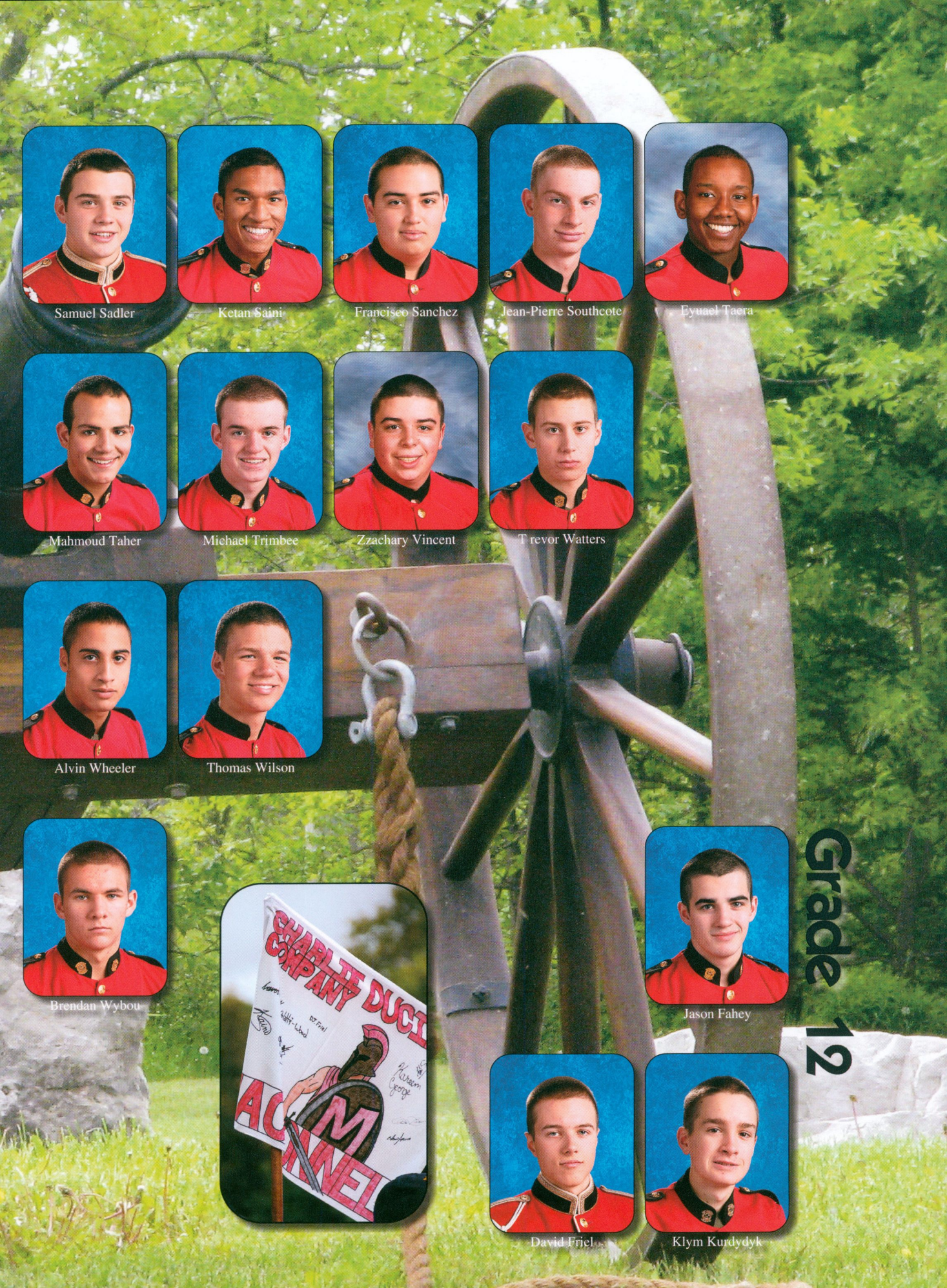

Liam McQuillen


Ivan Rassolov

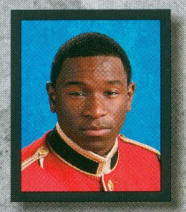

James Rodger

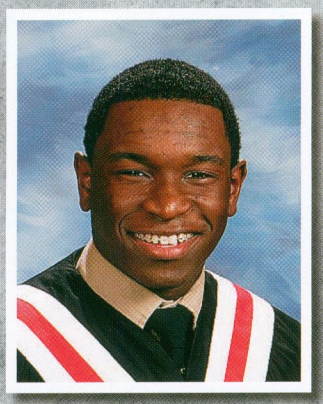

Captain J. Milliken
Company Commander


MWO M. Robinson
Company Sergeant Major


Samuel Sadler
Ketan Saini
Francisco Sanchez
Jean-Pierre Southcote
Eyuael Taera
Mahmoud Taher
Michael Trimbee
Zzachary Vincent
T revor Watters
Alvin Wheeler
Thomas Wilson
Brendan Wybou
CHARLIE COMPANY
Jason Fahey
David Friel
Klym Kurdydyk
Grade 12

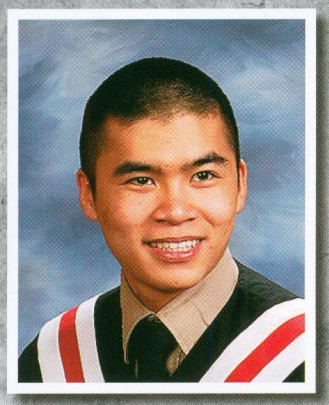
Grade 12 Graduates

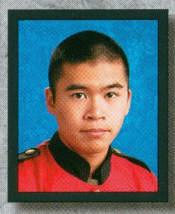




Oladele Akinkuotu

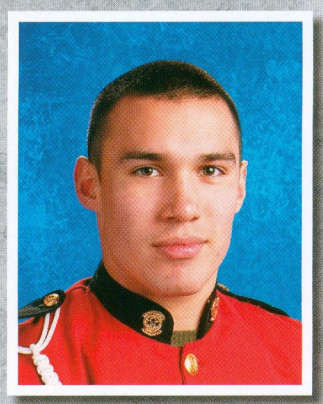
Oladele was awarded the Good Conduct Cord, Service Pin, Bronze Academic and Gold Athletic Medals, Most Valuable Player (Soccer) Award, Band Master's Award and Parachute Wings. He is an Ontario Scholar and is on the Academy Honour Roll. Oladele accepted a position at the University of Ottawa where he will pursue an Honours Degree in Software Engineering.





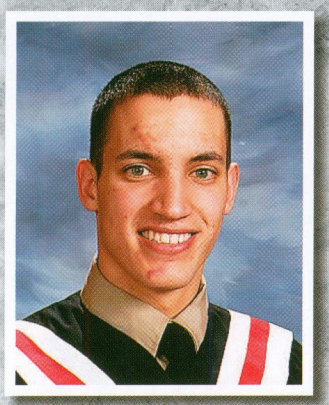
Derek Au

Derek was awarded the Academy Fitness Pin, Gold Academic and Silver Athletic Medals. He is an Ontario Scholar and is on the Academy Honour Roll. Derek accepted a position at McMaster University where he will pursue an Honours Degree in Business.



Laurence Ballen

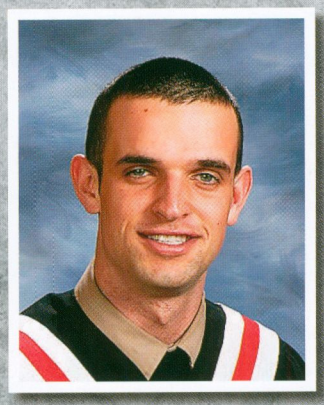
Laurence was awarded the Academy Service Pin, Silver Citizenship Pin and the Senior History Book Prize. Laurence accepted a position at Wilfrid Laurier University where he will pursue an Honours Degree in Psychology.

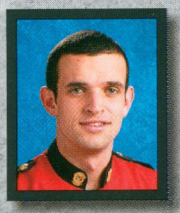


Trevor Banbury

Trevor was awarded the AcademyService Pin, Good Conduct Cord, Fitness Pin, Silver Academic and Bronze Citizenship Medals and the Senior Geography Book Prize. Trevor accepted a position with Humber College where he will pursue a diploma in 3D Animation Art & Design.

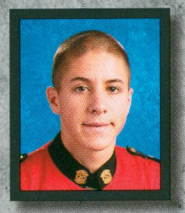
Grade 12 Graduates



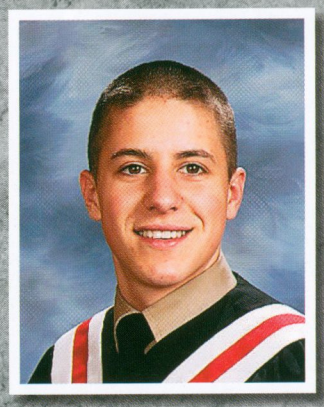


Victor Barton

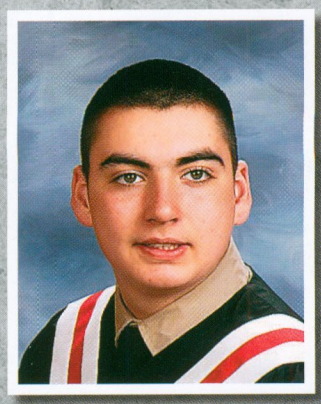
Victor was awarded the Academy Service Pin, Good Conduct Cord, Gold Academic Medal and the Senior Visual Arts Prize. He is an Ontario Scholar and is on the Academy Honour Roll. Victor accepted a position at Lakehead University where he will pursue an Honours Degree in Outdoor Recreation.

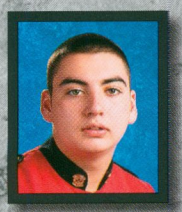


Christopher Bertschi



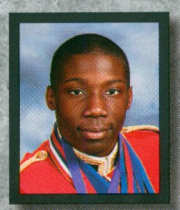
Christopher was awarded the Academy Service Pin, Silver Athletic, Bronze Academic and Bronze Citizenship Medals. He was an Ontario Scholar and is on the Academy Honour Roll. Christopher accepted a position at Wilfrid Laurier University where he will pursue an Honours Degree in Psychology.



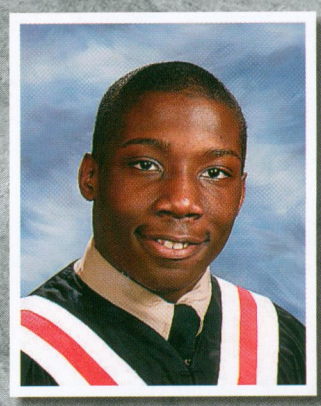


David Gebert

David was awarded the Academy Service Pin, Gold Academic, Bronze Athletic & Bronze Citizenship Medals and the Senior English Book Prize. He is an Ontario Scholar and is on the Academy Honour Roll. David accepted a position at the University of Toronto where he will pursue an Honours Degree in Social Sciences.

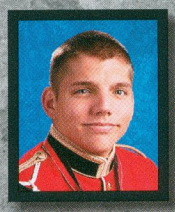


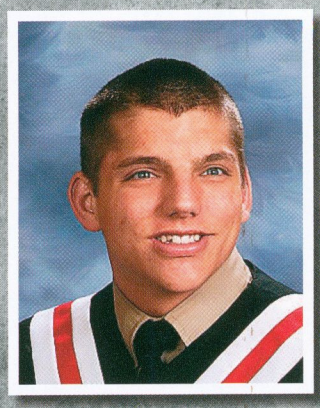
Kareem George



Kareem was awarded the Academy Service Pin, Gold Academic, Silver Athletic and Bronze Citizenship Medals, Senior Computer Science Book Prize and the Lieutenant Governor's Community Volunteer Award. He is an Ontario Scholar and on the Academy Honour Roll. Kareem accepted a position at Brock University where he will pursue an Honours Degree in Accounting.

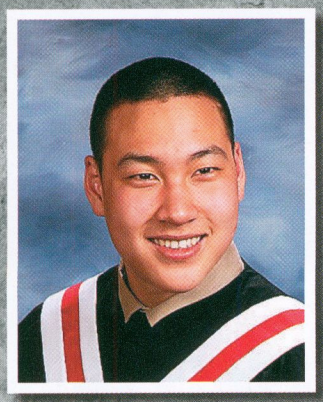
Grade 12 Graduates

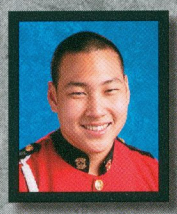




Phillip Hubert

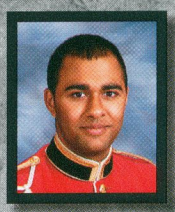
Phillip was awarded the Academy Service Pin, Good Conduct Cord, Silver Academic, Silver Athletic and Bronze Citizenship Medals, Parachute Wings, Duke of Edinburgh's Bronze Pin, John Hay to Life and Lt. F. Sardella Memorial Awards. Phillip accepted a position at Grand Prairie Regional College where he will pursue a diploma in Fitness Leadership.

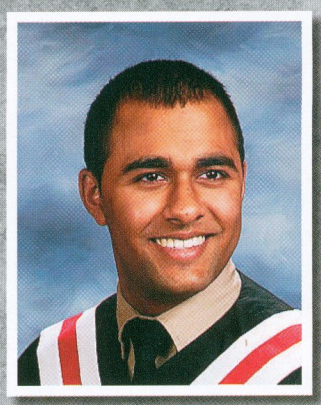




Sean Huh

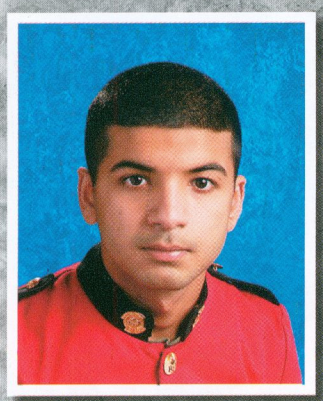
Sean was awarded the Academy Service Pin, Good Conduct Cord, Bronze Academic, Silver Athletic and Silver Citizenship Medals and Parachute Wings. He is an Ontario Scholar and is on the Academy Honour Roll. Sean plans to do a Victory lap before applying to university.





Usman Khan

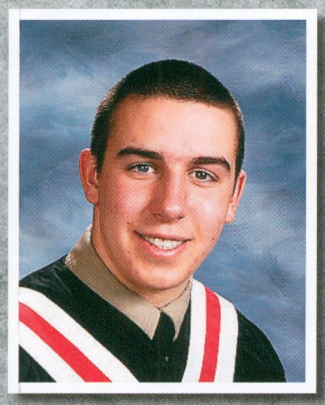
Usman was awarded the Academy Service Pin, Good Conduct Cord, Gold Athletic and Bronze Citizenship Medals, Most Valuable Player (Volleyball), Environmental Award and Cadence Award. He served as Aide-de-Camp in his graduating year. Usman was accepted to Grant MacEwan College with plans to enter the police force.

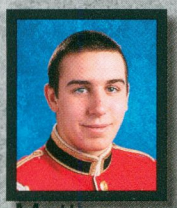


Mehboob Mast

Mehboob was awarded the Academy Service Pin, Good Conduct Cord, Silver Academic Medal, Robert Land Academy Community Service Award and Parachute Wings. Mehboob accepted a position with Niagara College in the Vehicle Technician program with plans to pursue a career in the Canadian Forces.

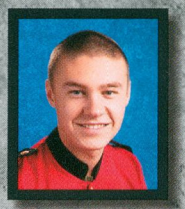
Grade 12 Graduates



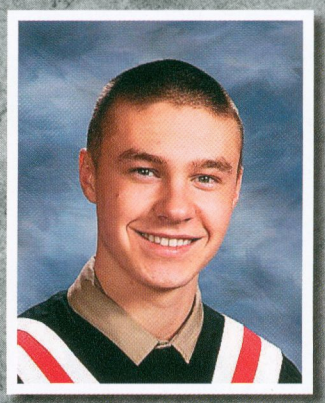


Matthew McLaren

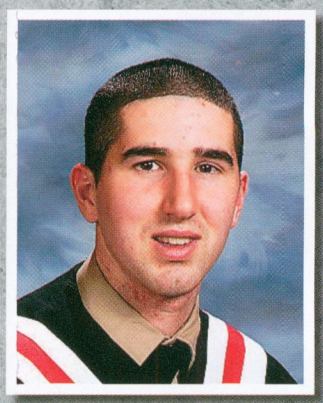
Matthew was awarded the Academy Service Pin, Good Conduct Cord, Silver Academic, Bronze Athletic and Silver Citizenship Medals, Parachute Wings, Duke of Edinburgh's Bronze Pin and Robert Land Trophy. He served as Head Boy in his graduating year and was Valedictorian. Matthew accepted a position with Humber College where he will pursue a degree in Criminal Justice.

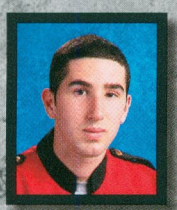


Kevin Rolczewski



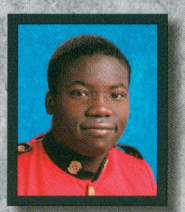
Kevin was awarded the Academy Service Pin, Gold Academic and Silver Athletic Awards, Fitness Pin and the Royal Bank Senior Business and Commerce Prize. He was an Ontario Scholar and is on the Academy Honour Roll. Kevin accepted a position with Brock University where he will pursue a degree in Honours Business Administration.



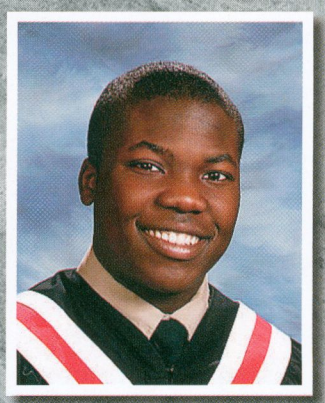


Joseph Smith

Joseph was awarded the Academy Service Pin and Parachute Wings. Joseph accepted a position with Durham College where he will pursue a diploma in Music Business Administration and Management.

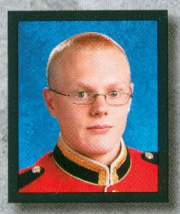


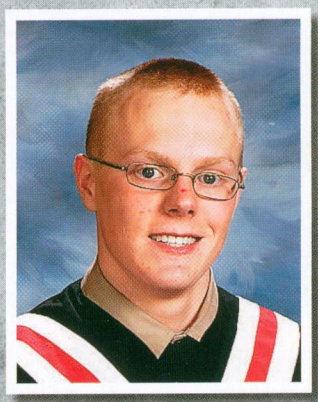
Aliyu Sumaila



Aliyu was awarded the Academy Service Pin, Good Conduct Cord and Silver Athletic Medal. Aliyu accepted a position with Lakehead University where he will pursue a degree in Honours Arts.

Grade 12 Graduates





Malcom Vinet

Malcolm was awarded the Academy Service Pin, Gold Academic Medal, Governor General's Award, Senior Science and Senior Mathematics Book Prize. He was an Ontario Scholar and on the Academy Honour Roll. Malcolm plans to work for a year before pursuing an Engineering degree at university.

Front: Oladele Akinkuotu, Kareem George, Usman Khan, Dr. Harley, LCol Bowman, Matthew McLaren, Christopher Bertschi, Phillip Hubert

Back: Laurence Ballen, Mehboob Mast, Derek Au, Joseph Smith, Sean Huh, Malcolm Vinet, Aliyu Sumaila Victor Barton, David Gebert, Trevor Banbury, Kevin Rolczewski

CLASS of 2011

Senior NCO's

WO Matthew McLaren
Head Boy

Sgt Sam Sadler
Parade Sergeant Major

WO Usman Khan
Aide de Camp

Honourary Colonel

Brigadier General (Ret) Jack R. Fox

The Honouary Colonel is a role that is vital to fostering esprit de corps within the RLA family. He is a mentor to the Commanding Officer and other members of the unit and aids in ensuring the maintenance of customs and traditions. By providing a public profile, he also builds and develops community support for the Academy. The position of the Honourary Colonel is highly respected and the time he spends with all members of the unit - regardless of their rank or position - is greatly valued.

Brigadier General Fox receives the Honourary Colonel's sword from Robert Land Academy's Founder & Headmaster, Lieutenant Colonel Bowman

Brigadier General Fox signs the Honourary Colonel's Oath of Office in the presence of Chairman, Major Bill Bates and Lieutenant Colonel Bowman.

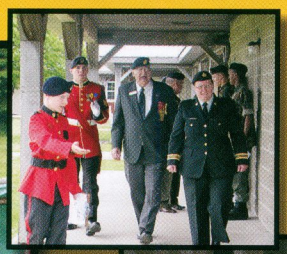
DISCOVERY 164

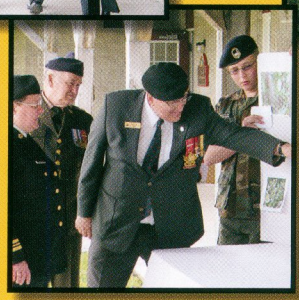
SCARLET PARADE

The Scarlet Parade Gala was held on Saturday May 7, 2011 at the Burlington Convention Centre. Cadets, their families, Governors, Faculty and other guests enjoyed a fine dinner, music, entertainment and a silent and live auction with items donated by sponsoring businesses and families. All funds raised at the Scarlet Parade are dedicated to the Robert Land Academy Founder's Scholarship Fund.

Royal Canadian Cadet Corps

2968 RC(Army)CC





RCAC

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the fall exercise

Three days and 90 kilometers traversing the Niagara Region

Cadets and faculty from Robert Land Academy welcomed cadets from Massanutten Military Academy (Woodstock, Virginia) and soldiers from the New Mexico National Guard for the Academy's Fall Exercise. Conducted each year in Ontario's Niagara Region, this year's three day exercise took place from October 4 to 6, 2010.

In the early morning hours of the first day, individual groups consisting of six to ten cadets and one to two staff started their journey. Departing from Kinsmen Park in Beamsville, Ontario, groups traveled by foot along sections of the Bruce Trail. The Bruce Trail follows the Niagara Escarpment from Tobermory to Niagara Falls, Ontario and contains over 800 kilometers of main trails and 200 kilometers of side trails. At the end of the first day's travel, groups bivouacked at Camp Wetaskawin, located in the Short Hills Provincial Park on the outskirts of St. Catharines.

The highlight of the exercise for most was the second night, where cadets and faculty were treated with the rare opportunity to spend the night in the soldiers' barracks at historic Fort George in Niagara-on-the-Lake, Ontario.

On the final day of the exercise cadets, faculty and soldiers moved together as a group, walking the final stretch along the Niagara Parkway from Fort George. Sections took turns pulling the Academy's 1812 era replica cannon, arriving at Queenston Heights in about three hours. The exercise culminated with a ceremony at the foot of Sir General Isaac Brock's Monument.

1. Taking The Lead
LCol Bowman and BGen Fox lead the march along the Niagara Parkway

2. Bridge Crossing
Crossing over the QEW Highway between St. Catharines and Niagara Falls

3. Hot Food
The much anticipated hot beef stew at the end of the first day's march

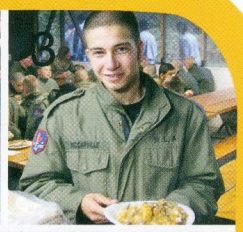
4. The Final Stretch
Cadets from A-Company run the final few steps as they enter the gates of Fort George

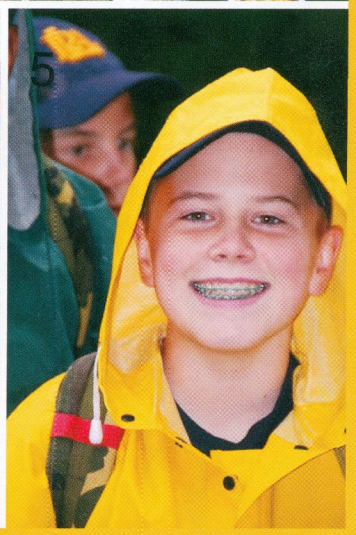
5. A Rainy Day
Rain couldn't stop the Cadets from having fun on the march

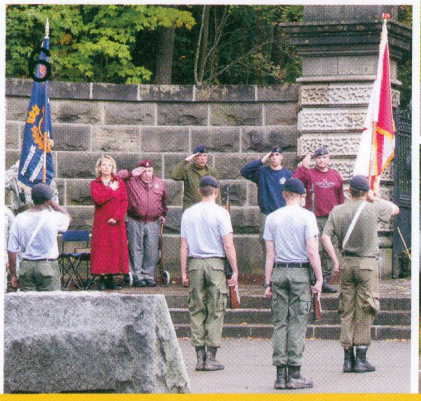
6. Paying Respects
A solemn moment at the badging ceremony at Queenston Heights

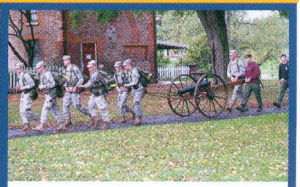
7. Canon Salute
The traditional firing of the canon at Queenston Heights

8. Badging Ceremony
At the base of Brock's Monument, Queenston Heights





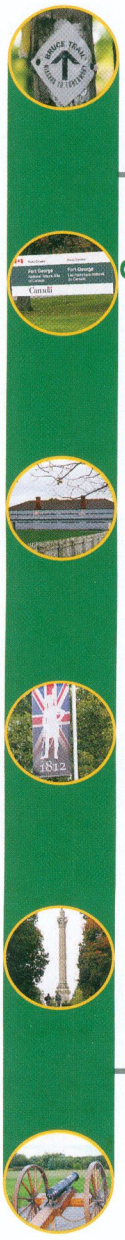




Cadets and faculty from Massanutten Military Academy located in Woodstock, Virginia joined the Cadets of Robert Land Academy for the annual 90 km Fall Exercise. The group is shown pulling the Academy canon along the Niagara Parkway.

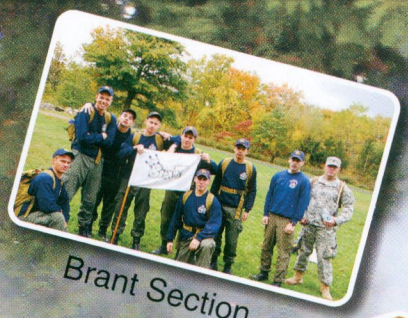
Following a brief rest and some final instructions from Academy Sergeant Major Zahra, cadets and soldiers assembled in parade format for a ceremony to recognize those newest members who earned their promotion from the rank of Recruit to Cadet. In total, the participants covered approximately 90 kilometers by foot over the three days.

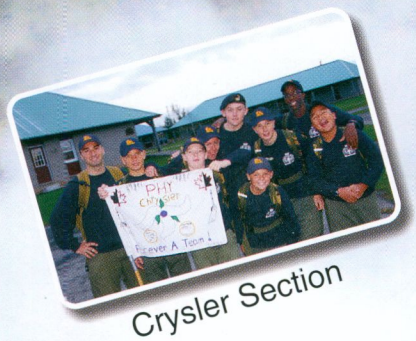
Images En Route

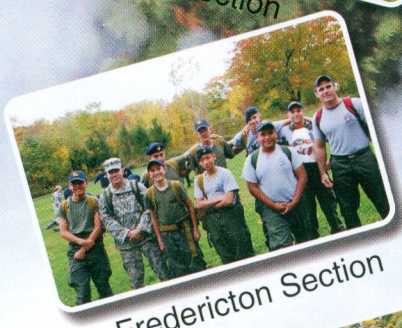


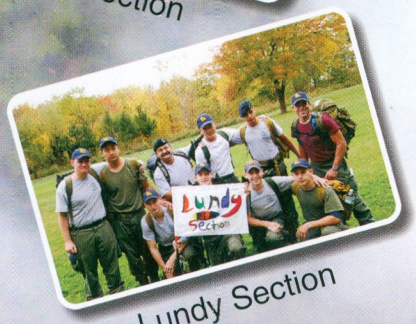
Fall Exercise Continued

Erie Section

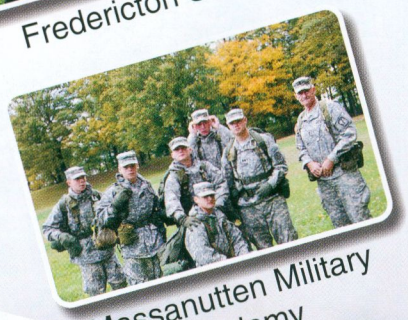

Brant Section

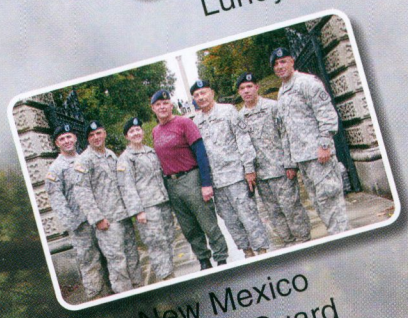

Crysler Section


Fredericton Section


Lundy Section

MacDonell Section

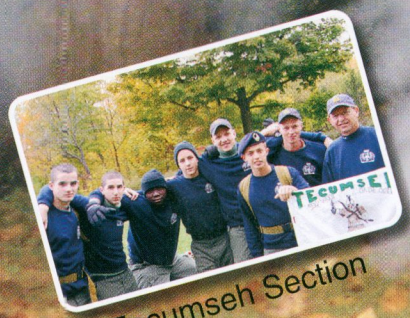

Massanutten Military Academy

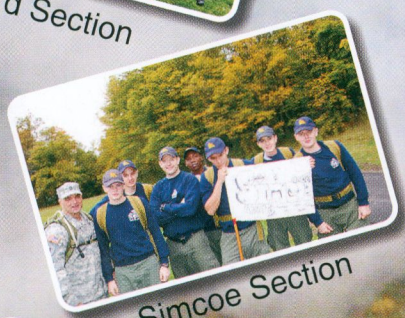

New Mexico National Guard

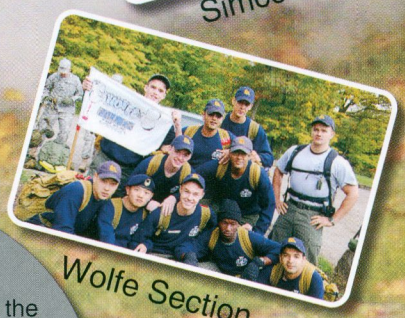
Queeston Section

Secord Section

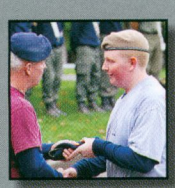
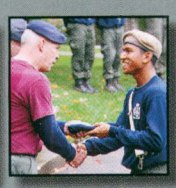
Sheaffe Section


Tecumseh Section

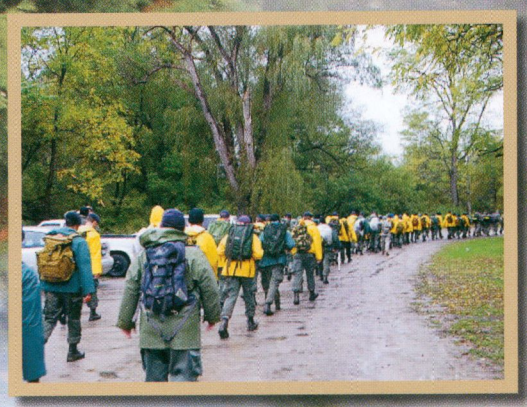

Simcoe Section

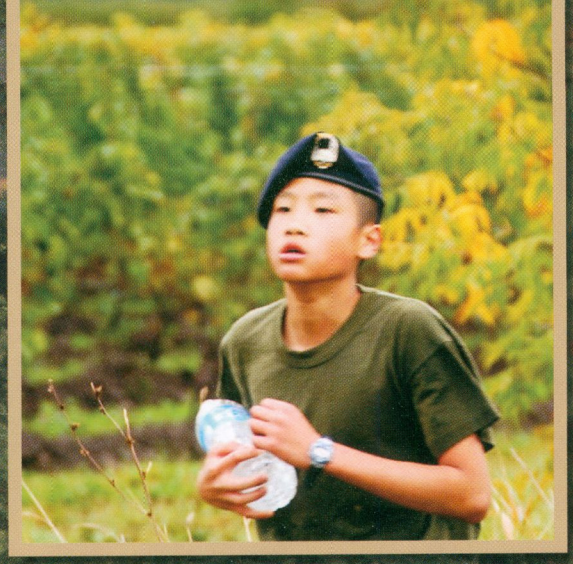

Wolfe Section

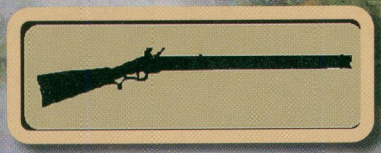
promotions

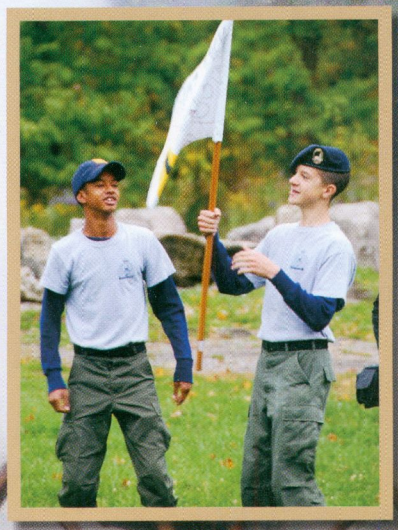



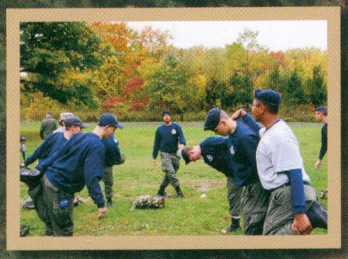
For boys who joined the Academy in September, the Badging Ceremony at Queenston Heights marks their first opportunity for promotion from the rank of Recruit to Cadet.

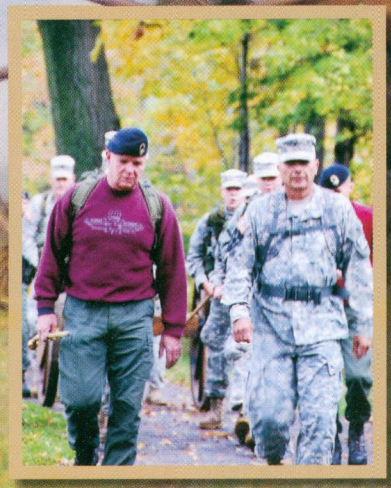


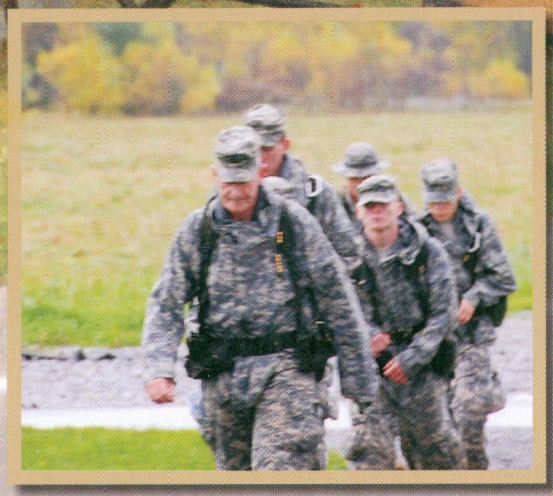




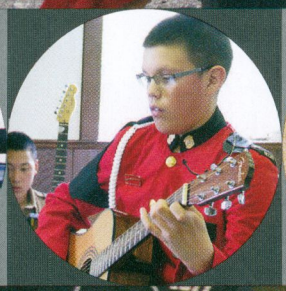


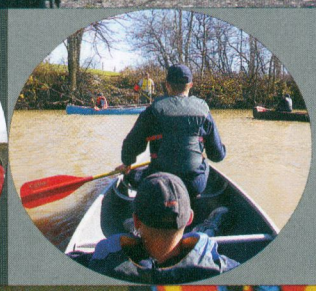


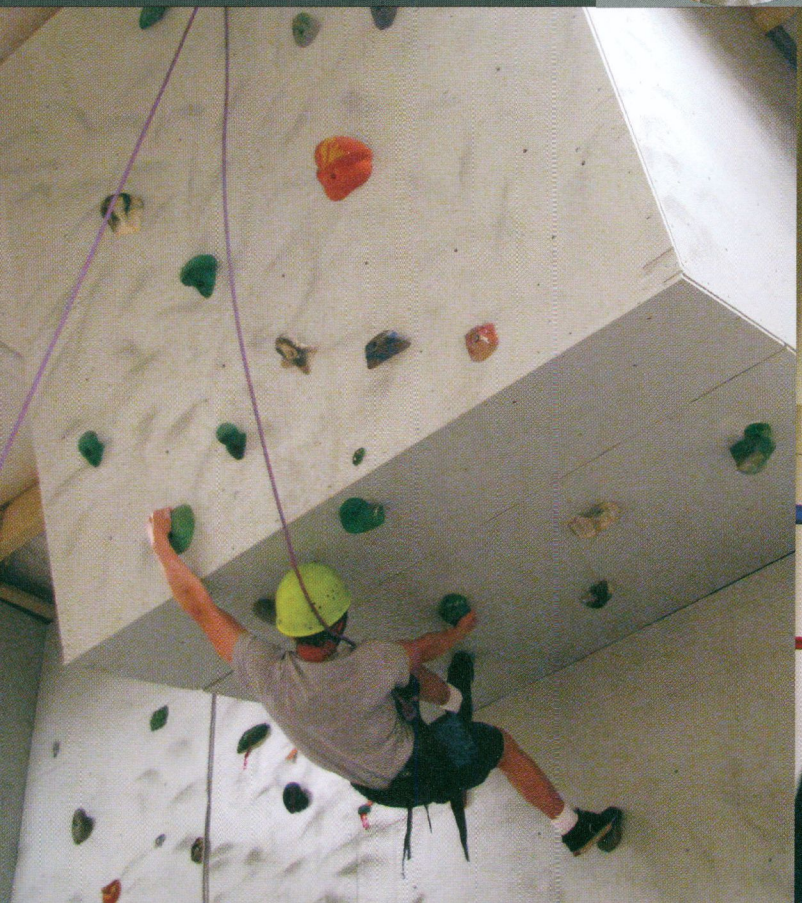




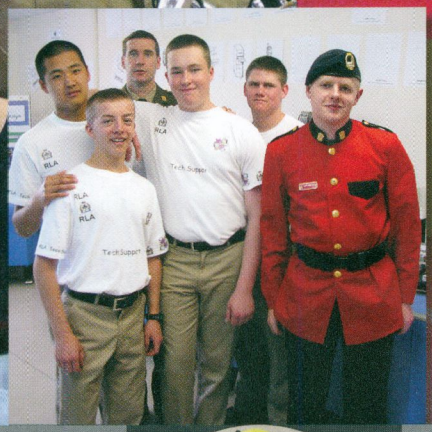
clubs & activities

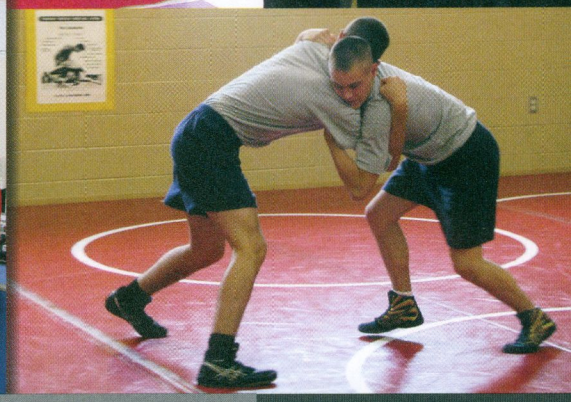


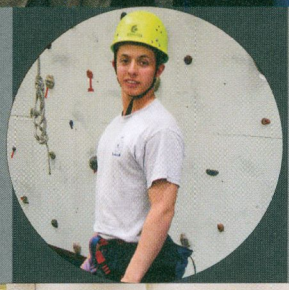




SCUBA
O'NEILL







Collage
Loyalist
2011
SOCCER

LOYALISTS
24

YAMAHA

GATOR

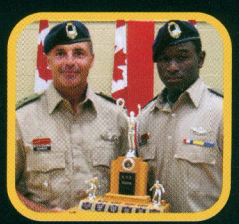
sports

mvp AWARS...

Alexander MacIntyre
Athlete of the Year

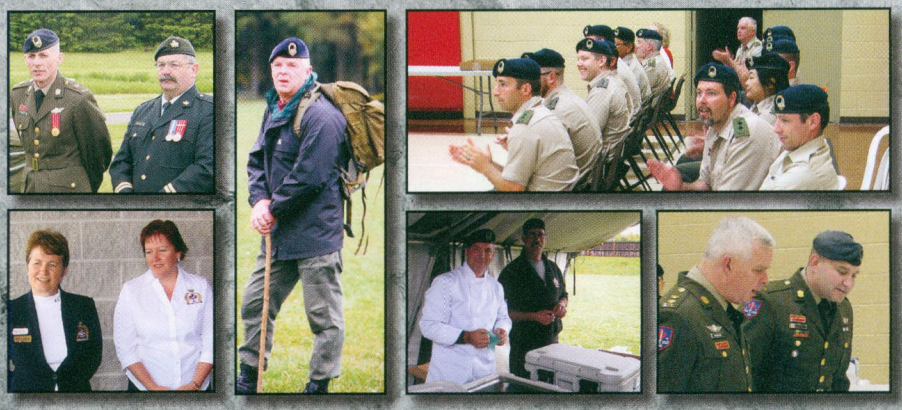
Usman Khan
MVP Volleyball

Alexander MacIntyre
MVP Wrestling



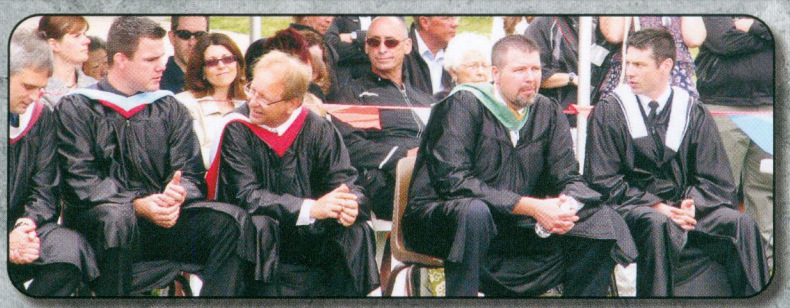
Oladele Akinkuoto
MVP Soccer

faculty & staff

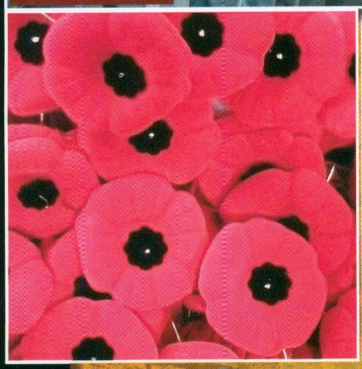


Faculty & Staff Roll Call

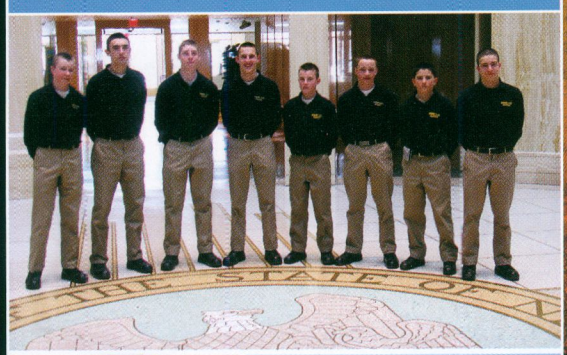
M. Aguilar
T. Amor
M. Andrews
E. Aoki
E. Banta
S. Berry
G. Bowman
G.S. Bowman
S. Bowman
C. Branston
K. Brown
M. Bush
C. Campbell
S. Determann
C. Doig
P. Dugas
M. Erola
R. Evans
R. Ferracuti
J. Fox (Hon Col)
C. Galajda
C. Giovannini
S. Hansler
D. Harley
J. Harvey
G. Hewett
T. Hickey
D. Holmes
S. Inglis
D. Jack
T. Krywulak
L. Lake
B. Lee
A. Leech
G. MacMillan
B. MacRae
K. Martin
D. McLeod
J. Milliken
D. Morin
P. Mosley
B. Ness
A. Newman
D. Orr
K. Otter
C. Palmer
E. Powell
M. Robinson
A. Scott
B. Servos
B. Simmons
S. Snijders
A. Spaan
P. Spiller
E. Sumodobila
D. Swain
B. Telahun
J. Tomiak
P. Zahra
P. Zdichavsky

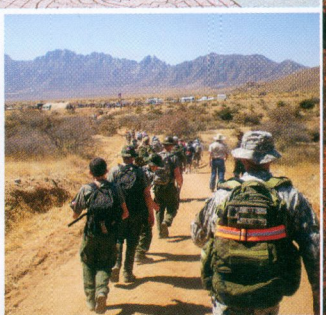


Remembrance Day



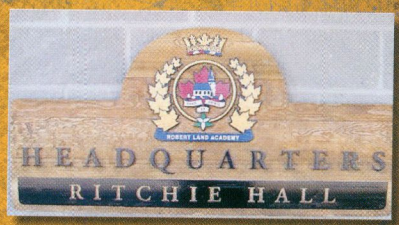
Bataan Memorial Death March New Mexico

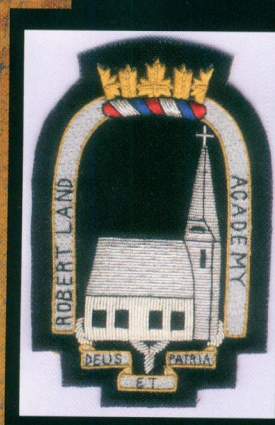




WWII veterans, and members of the 1st Canadian Parachute Battalion, present the Academy with a plaque honouring soldiers from the battalion killed in the war.

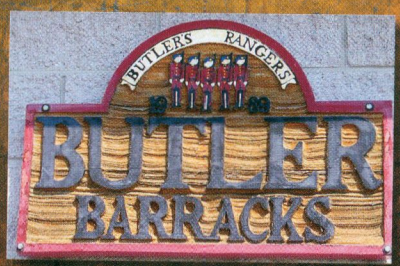
ROBERT LAND ACADEMY

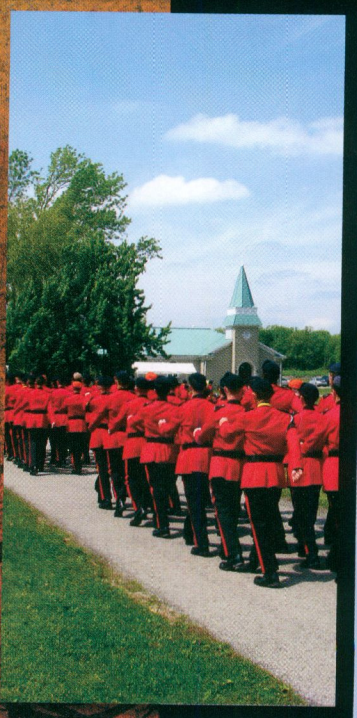

HEADQUARTERS
RITCHIE HALL


ROBERT LAND
ACADEMY
DEUS
ET
PATRIA

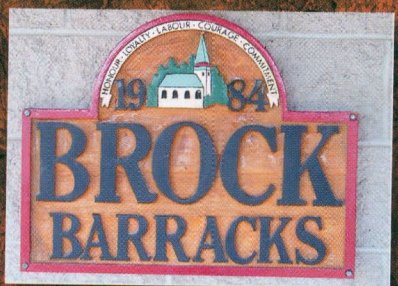
DEUS ET PATRIA

DEUS ET PATRIA

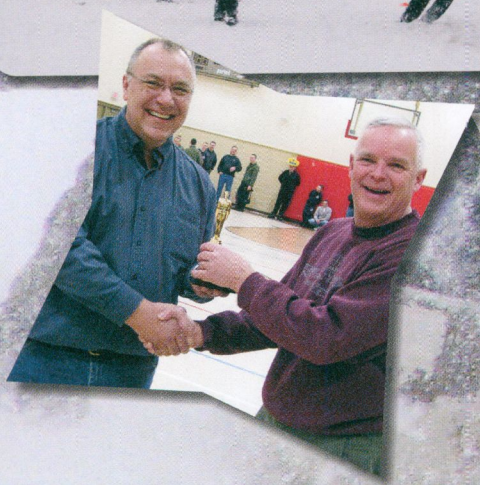

BUTLERS RANGERS
BUTLER
BARRACKS

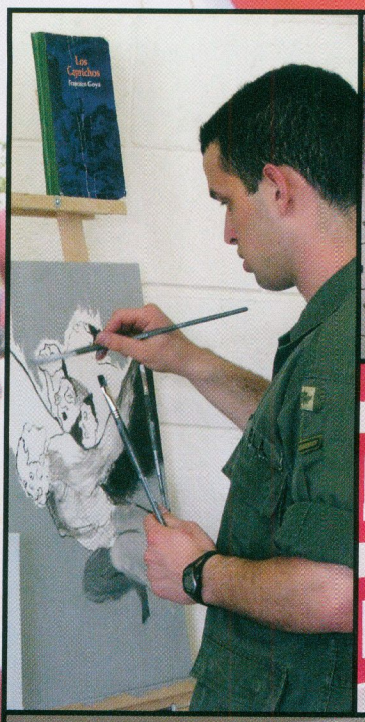


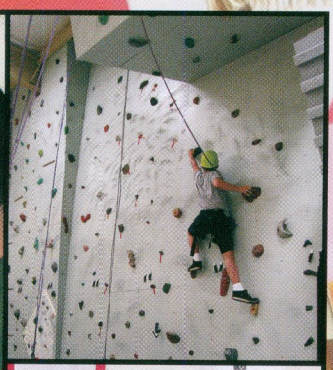
DEUS
ET
PATRIA

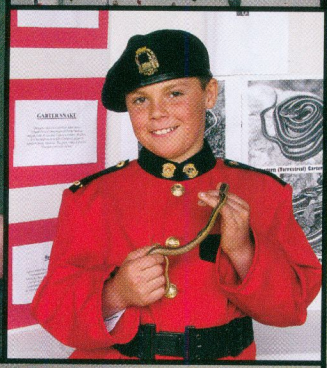

1984
BROCK
BARRACKS

FATHER, SON DAY

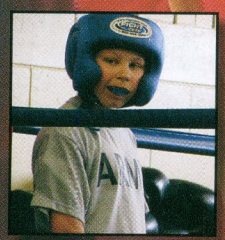


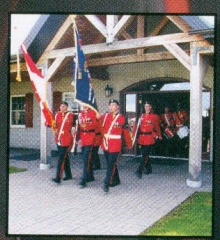






Annual Inspection

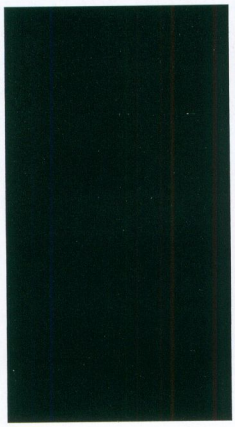


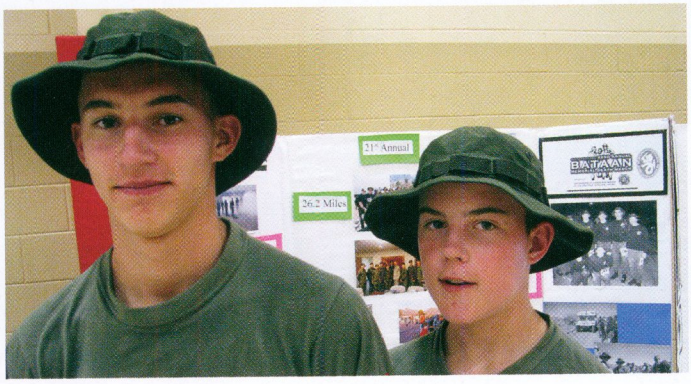


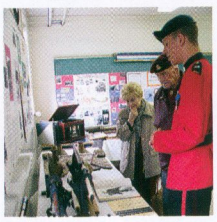
Held each spring, the Annual Inspection is an opportunity for family and guests to have a closer look at the boys and the Academy. Academic, athletic, and club displays are a reflection of the hard work and dedication of the cadets and faculty.

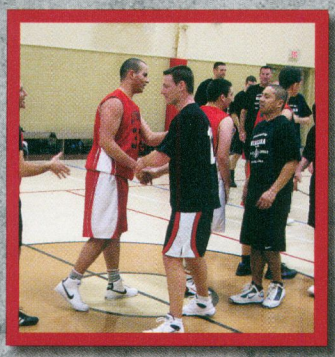
more annual inspection ...

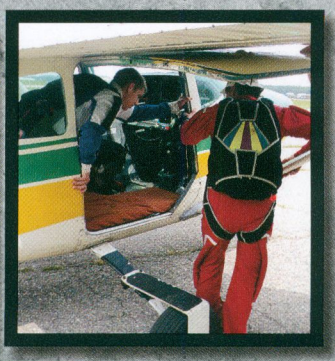
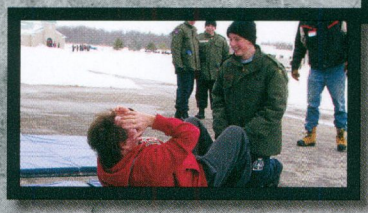
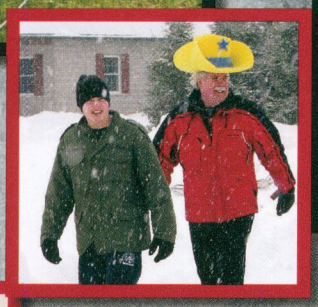
annual inspection

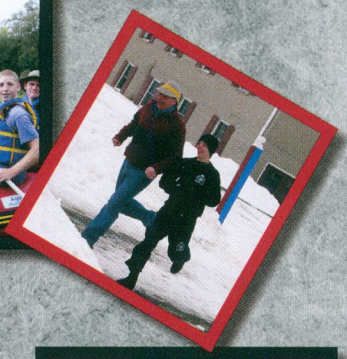


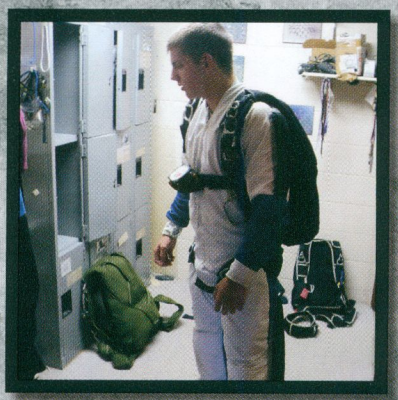










JAMES FITZGIBBON AWARD
Bar Andre Ibarguen

GOVERNOR GENERAL'S AWARD
LCpl Malcolm Vinet

COLIN SMAGATA CUP
Bar Nicholas Menner

SEARGEANTS' MAJOR AWARD
Cadet Brandon Garton

ROBERT LAND ACADEMY COMMUNITY SERVICE AWARD
Bar Mehboob Mast

LIEUTENANT GOVERNOR'S COMMUNITY VOLUNTEER AWARD
Corporal Kareem George

PRINCIPAL'S AWARD OF EXCELENCE
LCpl Alexander MacIntyre

HEADMASTER'S MEDAL
DBar Graham Skrzypczak

LT F. SARDELLA MEMORIAL AWARD
DBar MCpl Phillip Hubert

JUNIOR ATHLETIC AWARD
Bar Justin Thornton

ROBERT LAND ACADEMY EXPLORERS AWARD
Cadet Nicholas Shaver

JUNIOR ENGLISH CREATIVE WRITING AWARD
Bar Nicholas Menner

JUNIOR ENGLISH LITERACY AWARD
Bar Graham Skrzypczak

TIM RIGBY ESPRIT DE CORPS AWARD
MBar Brandon Wysocki

ENVIRONMENTAL AWARD
Sgt Usman Khan

BAND MASTER'S AWARD
Bar Oladele Akinkuotu

FRENCH BOOK PRIZE
Bar Justin Thornton

GEOGRAPHY BOOK PRIZE
MBar Brandon Wysocki - Junior
BarMichael Liu - Intermediate
Cadet Trevor Banbury - Senior

HISTORY BOOK PRIZE
Bar Zachary Dies - Junior
LCpl Alexander Macintyre - Intermediate
LCpl Laurence Ballen - Senior

SCIENCE BOOK PRIZE
Bar Graham Skrzypczak - Junior
Bar Kyle Delaney - Intermediate
LCpl Malcolm Vinet - Senior

MATHEMATICS BOOK PRIZE
Cadet Brandon Wade - Junior
Recruit Calvin Lee - Intermediate
LCpl Malcolm Vinet - Senior

ATHLETE OF THE YEAR AWARD
LCpl Alexander MacIntyre

DUKE OF EDINBURGH'S BRONZE PIN AWARD
MCpl Phillip Hubert
Bar Daniel Johnson
WO Matthew McLaren
Sgt Samuel Sadler

CADENCE AWARD
Sgt Usman Khan

JUNIOR ATHLETIC AWARD
Bar Justin Thornton

VISUAL ARTS PRIZE
Cadet Quinn Markey - Junior
Recruit Calvin Lee - Intermediate
LCpl Victor Barton - Senior

CENTAURI ARTS ACHIEVEMENT AWARD
MCpl Steven McCarville

ENGLISH BOOK PRIZE
Cadet Kevin Smith - Intermediate
LCpl David Gebert - Senior

COMPUTER SCIENCE BOOK PRIZE
Bar Kyle Delaney - Intermediate

ROYAL BANK SENIOR BUSINESS AND COMMERCE PRIZE
Cadet Kevin Rolczewski

BILLY BISHOP AWARD
Bar Raymond Dobbin

HEAD BOY AWARD
WO Matthew McLaren

CANADIAN FORESTERS AWARD
MCpl Steven McCarville

JOHN HAY TO LIFE AWARD
MCpl Alexander Macintyre

ROYAL CANADIAN LEGION DUNNVILLE BRANCH 142 BURSARY / RCACC SERVICE AWARD
Bar Jake Wells

ROYAL CANADIAN LEGION MEDAL OF EXCELLENCE
Bar Joseph Stengler

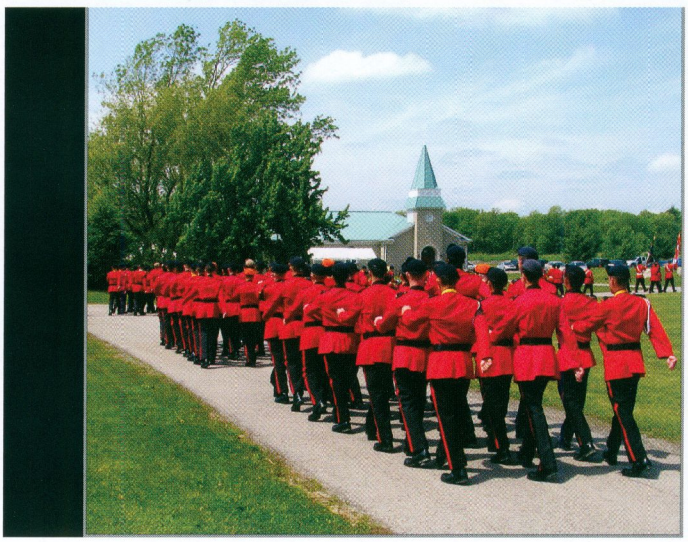
ACHIEVEMENT AWARD FOR INTERMEDIATE CREATIVE WRITING
Cadet Zachary Vincent

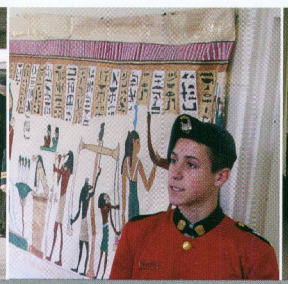
PAUL HUNTER GOLD CITIZENSHIP AWARD
MCpl Steven McCarville

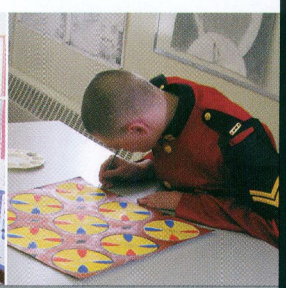
LARRY DAVIDSON MEMORIAL AWARD
Bar Raymond Dobbin

AMCSUS AWARD
MCpl Steven McCarville

Mr. Ronald "Andy" Anderson, Veteran of World War II and member of the First Canadian Parachute Battalion, served as the Reviewing Officer of Robert Land Academy's 32nd Annual Cadet Inspection



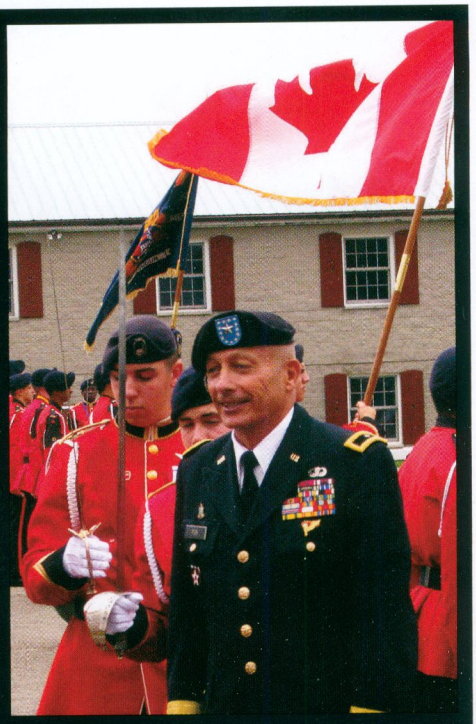


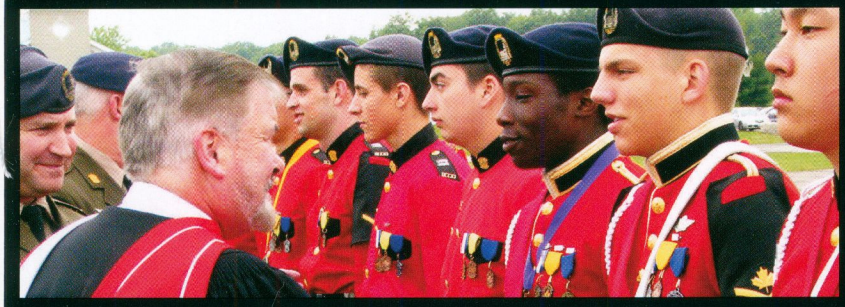


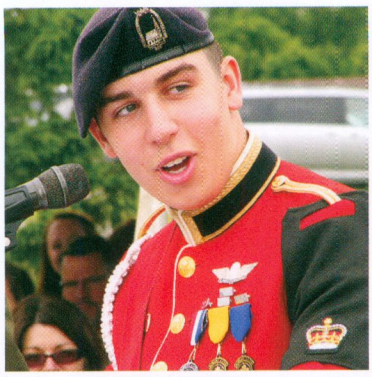
Visitors and guests reviewed numerous displays assembled by the Cadets.

Awards & Recognition

Graduation Parade







VALEDICTORY ADDRESS

Warrant Officer Matthew McLaren

Good morning Colonel Bowman, General Fox, Governors, Faculty members, honoured guests, parents and fellow cadets. I am honoured to stand here today and welcome you to the 2011 Graduation Parade.

I think it would be fair to say that the excitement of Graduation Parade is shared by everyone. For parents, it's an opportunity to see their son march on with a sense of pride and accomplishment.

This graduation allows parents to witness the progress their son has made this year and allows them a glimpse at the potential he can make in future years. I stand here today looking at a group of young men that are virtually unrecognizable compared to last September. We have all – whether we like it or not – changed physically, mentally, and emotionally after the 10 long months spent at the Academy. For the graduates, we are about to take one step further on the path of life (which is surprisingly longer than the Fall Exercise). We are moving on to post secondary education where we will continue to be challenged and apply the five values taught at the Academy.

When we first arrived here, the five values were just five new words (which we believed was an attempt to expand our vocabulary), but as we progressed as students and as leaders we began to understand the importance of Loyalty, Labour, Honour, Courage, and Commitment. We started (sometimes in small steps) to apply them. For the Cadets not graduating, summer break can come as an opportunity to use the values and skills you learned at the Academy (or if you're a Wysocki it comes as the longest Standdown of the year). Regardless, if you are family, faculty or a Cadet we have all been affected by the second chance presented by Robert Land Academy.

During your first drive to the Academy, maybe half an hour before you arrive you will notice (in almost a blink of an eye) that suddenly there is no more McDonalds, no Tim Horton's, no Canadian Tire, no civilization; just open land. Asphalt roads turn to dirt roads, apartments turn to barns and people turn to cattle ("What have I gotten myself into?" is a thought that comes to mind). When we finally arrive at the Academy, we enter the Recruit Course. This is a week when we learn not only to press our uniform, polish our boots and fold our laundry, but also to make bonds with the recruits around you. It does not matter where you are from, the colour of your skin or your first language; when we come to the Academy we are all united on two fronts: we all have problems at home and no one wants to be here! This bond allows us to better understand each other and better understand ourselves; this is why it s so easy for us to help one another. The Recruit Course teaches us that we are only as fast as our slowest man. We can no longer think as individuals; we are a unit.

This unity is carried on as we enter barracks life. Our new section is our new family. We succeed together, and we fail together. We use our strengths to substitute for each others weaknesses and every week you try and earn a Best House. This same mentality is carried with us into the Fall Exercise. No man gets left behind, and no matter how long and strenuous the Fall Ex gets we will not quit until every member of your section succeeds. After the Fall Ex we move into steady classroom routine for eight long hours of the day, five days a week. Would you believe that we look forward to being in the classroom? For the senior students, when you leave Dr. Brown's class, it's not Geography nor Calculus nor Biology that you remember; it's his long rants on the unforgiving nature of life; when you leave Dr. Inglis'classes we're reminded of why we should work out more than just chest and biceps; when you leave Lt. Dugas' classes we can't forget his laugh nor his stories of Korea; when you leave Lt. Simmons classes you never thought someone could get so angry over the misuse of punctuation. We learn so much more than the curriculum. We are all fortunate to have teachers at all levels of education that care about our improvement as individuals.

At Robert Land Academy there is the structure of a family. The Colonel is the grandfather of the Academy, not because he's old, but because he always shares his experiences with us through stories to try to prepare us for the real world. The ASM, Company Commanders, and CSMs are the fathers of the Academy who teach us the skills and values we need to succeed in the real world - like etiquette in the Mess Hall, standards for personal turnout, and manners when addressing others. Mrs. Spiller is the mother of the Academy. She always watches over our academics, stays late and comes in early to help boys when they're confused about the future. This year, she went above and beyond helping the grade 12 graduates every step of the way. We could always rely on you, Ma'am, and we're lucky to have you. Mrs. Lake, Mrs. Tomiak and Mrs. Bowman who are the cool aunts, taking care of our favourite things: letters and leaves. They're always working with students and parents to make sure everyone can find a way home... even George. It's not easy working with us (as parents will agree) but they do it everyday. I can honestly say that their care has made our lives better.

I would like to thank Colonel Bowman for giving me the opportunity to speak here today and for founding the Academy. Without the Academy, we would not have all been given the second chance we needed to turn our lives around. Major Doig, the busiest man I know, who has been my Company Commander for three and a half years, has always been willing to take time out of his day to help me stay on the right track, even after all those times I let him down. ASM Zahra has put his neck out on the line for the NCO's many times and after two years of working for him I truly believe I am the main contributor to his balding. DSM Robinson and CSM Martin always leave their doors open for anyone to seek guidance. Lt. Aoki's night time physical training sessions and overall dedication to B Company has seriously contributed to our success this year. I will never forget all of the times Mr. Palmer and the maintenance staff assisted me with projects around the Academy, the Matron's dedication to making sure laundry is taken care of, and the kitchen staff for always working hard and making sure every boy is fed. We all thank you for the hard work you put in every day.

It is not possible to succeed at RLA without the support from students at the Academy. There are some things I will never forget about the Academy; the camaraderie formed with the C Company boys; the esteem of the B Company boys; and the enthusiasm of the A Company boys. In particular, I have been fortunate to have been at the Academy with Akinkuotu, Frederick, Garton, Hubert, Khan, and Sadler. You have all made a difference in my life and I am honoured to call you friends.

Perhaps the most important lesson RLA teaches is that it's not RLA that makes us successful, RLA lays down the foundation; RLA teaches us that it's our choices which can ultimately lead to our success or failure. Like ASM always says, "any consequence is a direct result of your own actions." At RLA you learn that failure is an opportunity! It is an opportunity to start over and an opportunity to learn from your mistakes. RLA is about second chances and I have come to realize that first hand. During my time at RLA I have always carried with me the love and support of my family. My grandparents have invested a lot in me coming to the Academy and I try everyday to make the most of that. Without them I would have never had the opportunity to turn my life around. They are men I aspire to most be like and I am forever in their debt. My grandmother Lee isn't here to see me graduate but if she was I hope she would have been proud of the man I have become.

Mom and dad, I know our relationship has had its ups and downs but there was never a moment when you weren't there for me. I appreciate all the times you drove three hours to pick me up and all the times you called the school to defend me when I was in trouble, always to no avail! I remember the days we used to aimlessly argue and fight and I'm glad that we've moved past that. Our relationship has come a long way and I hope today I have made you proud.

It has not been an easy three and a half years for me but I will never regret coming to the Academy. Before arriving, I had no confidence, no goals and no plan for the future. Leaving here today I feel prepared and confident to face the challenges of post secondary education. Being Head Boy this year has been an adventure. It has been a pleasure representing and working with you. This year we have the privilege of inducting General Fox as our new Honorary Colonel. Sir, on behalf of the student body I welcome you into the RLA family. I know that having your wisdom and experience around the Academy can help all of us exceed, like the National Guard motto says, "Beyond the Standard". For those boys coming back next year I want you to remember what Tao Te Ching had to say: "Failure is an opportunity. If you blame others, there is no end to blame. Fulfill your obligations, correct your mistakes. Do what you need to do and step away. Demand nothing and give all."

Thank you for a great year. Deus et Patria

Awards

HONOUR ROLL

Marks 80% and Above

Oladele Akinkuotu
Ho Chun (Derek) Au
Victor Barton
Christopher Bertschi
Paul Burrill
Wing Hing (Kelvin) Chan
Kyle Delaney
David Gebert
Kareem George
Sean Huh
Calvin Lee
William Li
Alexander MacIntyre
Steven McCarville
Tristen Ramsay
Kevin Rolczewski
Kevin Smith
Joseph (Joey) Stengler
Justin Thornton
Malcolm Vinet
Jake Wells
Nicholas Whittaker

MARKS OF DISTINCTION

Marks 75% - 79%

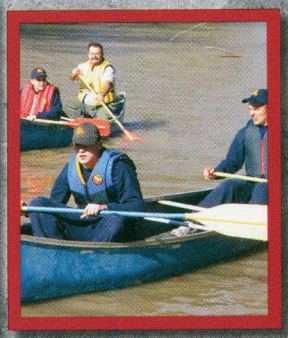
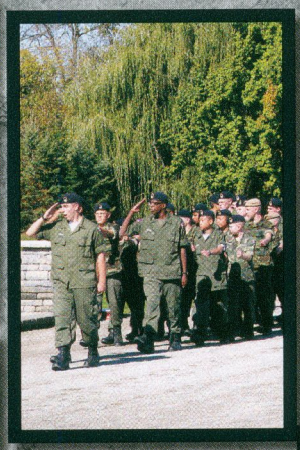
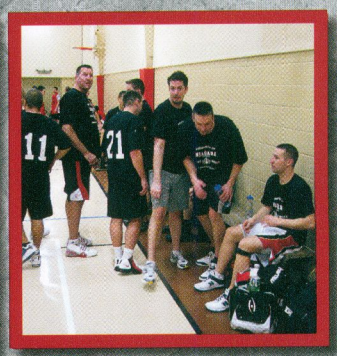
Wyatt Anderson
Zachary Dies
Phillip Hubert
Andre Ibarguen
Daniel Johnson
Shawn Keirle
Usman Khan
Saare Kidane
Victor Maglicic
Matthew McLaren
Timur Sadri
Himmit Sangha
Alexander Shevalev
Graham Skryzpczak
Joseph Smith
Quintin Stull
Michael Upfold
Maxwell Ward
Taylor Watson
Thomas Wilson
Brandon Wysocki

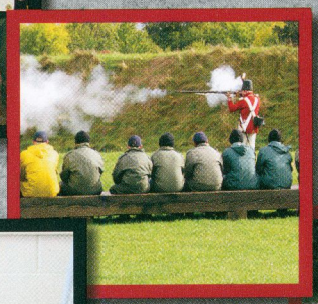
W.L. HAWKINS AWARD
Sgt Sam Sadler

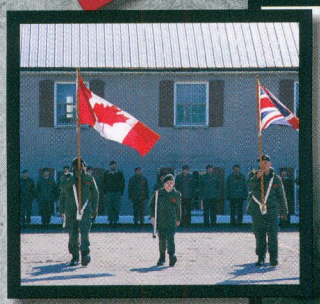
ROBERT LAND TROPHY
WO Matthew McLaren

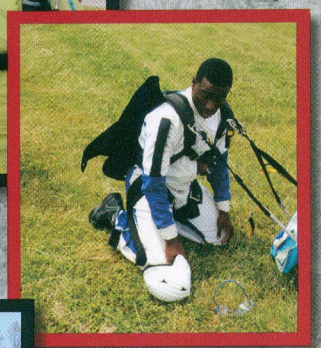
ISAAC BROCK AWARD
Bar Graham Skrzypczak

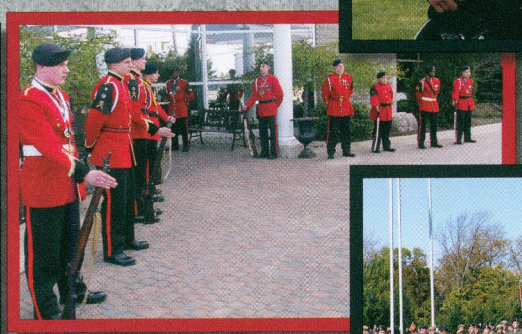
ADJUTANT GENERAL OF NEW MEXICO AWARD
Bar Graham Skrzypczak









Robert Land Academy

2010 ~ 2011

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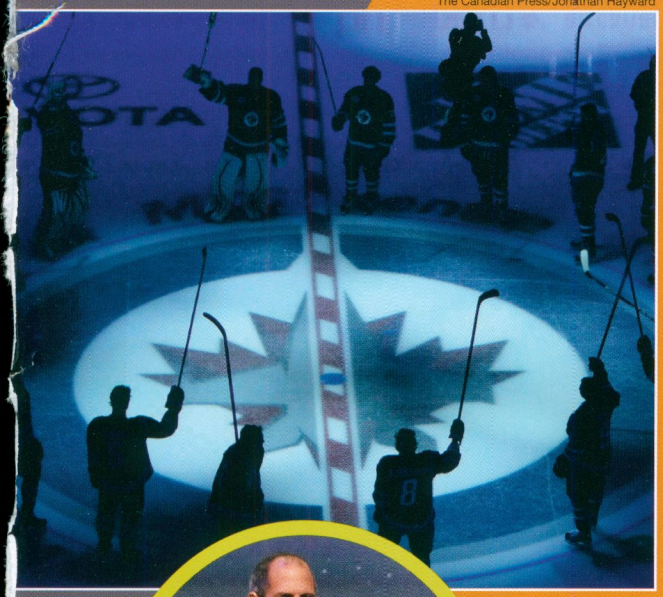
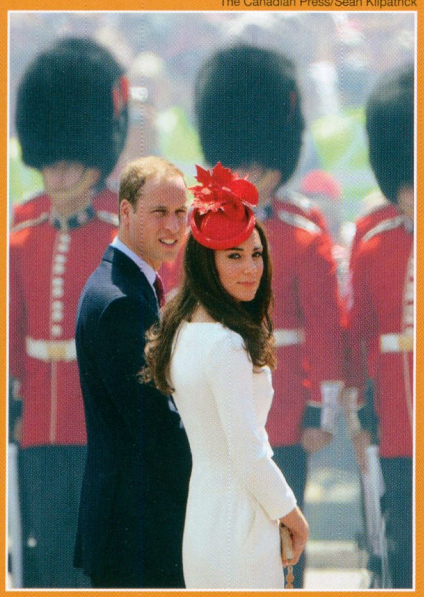
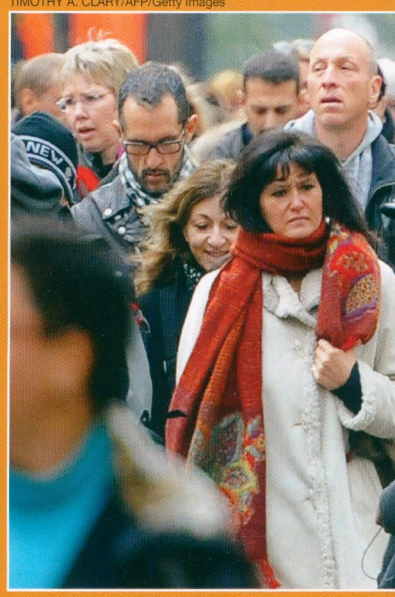
The Canadian Press/Jonathan Hayward



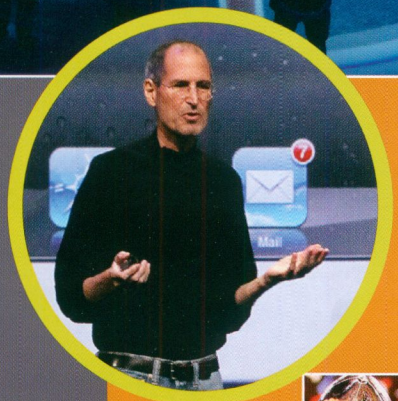
The Canadian Press/Sean Kilpatrick



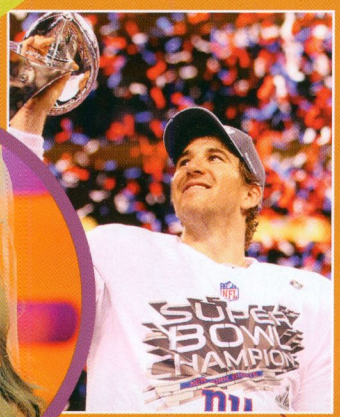
TIMOTHY A. CLARY/AFP/Getty Images



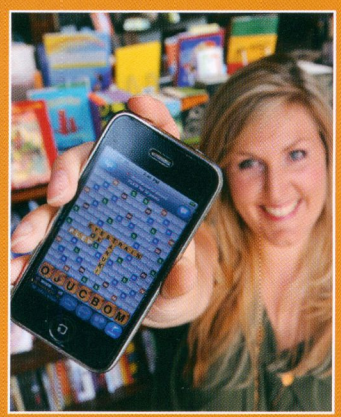
2011-2012 World Beat®



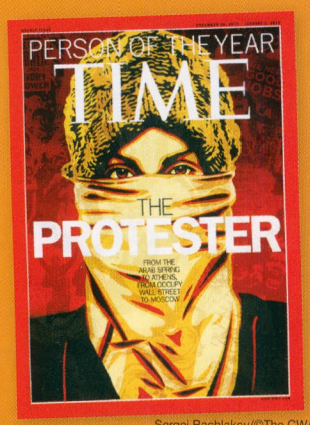
Justin Sullivan/Getty Images



Al Bello/Getty Images



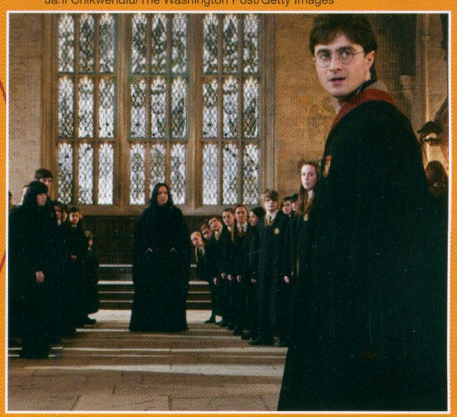
Jani Chikwendiu/The Washington Post/Getty Images



Sergei Bachlakov/©The CW/Courtesy: Everett Collection

Press Association/AP Images

The Canadian Press/Paul Chiasson



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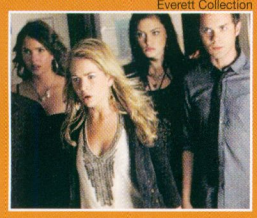
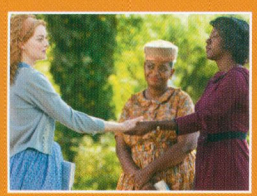




Dale Robinette/©Walt Disney Studios Motion Pictures/Courtesy Everett Collection

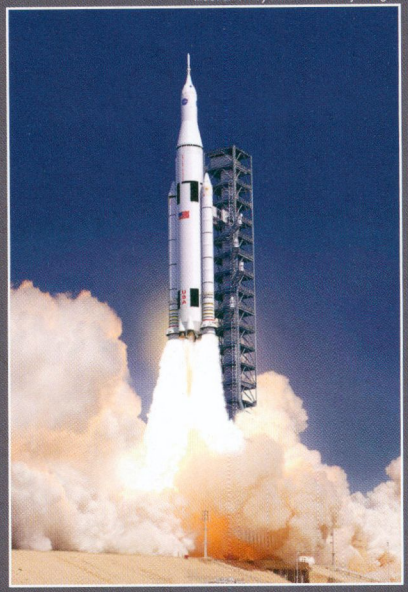
The Canadian Press/Ryan Remiorz

The Canadian Press/Sean Kilpatrick

Will and Kate's Warm Welcome

The Duke and Duchess of Cambridge take part in Canada Day festivities on Parliament Hill as they begin an eight-day tour, the first royal tour since their April 2010 nuptials.

Illustration by NASA via Getty Images



Space Shuttle Program Ends

The nation's budget woes force NASA to cancel a 30-year program that shuttles U.S. astronauts to and from the International Space Station.

TIMOTHY A. CLARY/AFP/Getty Images

You Are One in 7 Billion

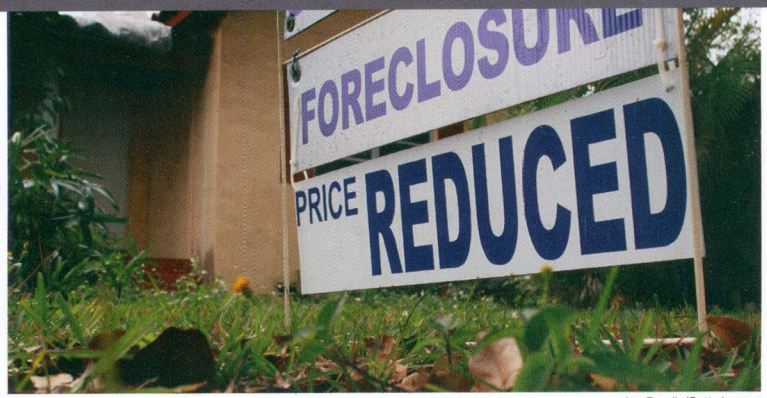
In October, the United Nations expresses concern over the planet's food supply now that the world population has reached an all-time high of 7 billion.

News

The Canadian Press/Jonathan Hayward

$700-million Slave Lake, AB Fire

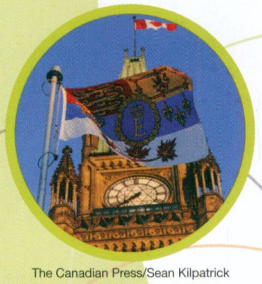
The May 16, 2011 wildfire forced the evacuation of 7000 residents and is considered the second most costly disaster in Canadian history behind the ice storm that hit Quebec and Ontario in 1998. After a 5 ½ month investigation, the Alberta government reveals the fire may have been deliberately set.



Joe Raedle/Getty Images

Kelowna Foreclosures

Home foreclosures are on the rise with ten times more listings than in 2009, in British Columbia's Central Okanagan with more than 170 court-ordered properties for sale.



The Canadian Press/Sean Kilpatrick

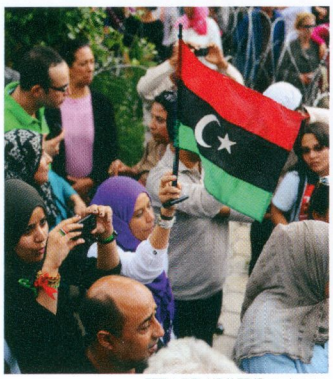
Diamond Jubilee

The Queens Canadian flag flies on Parliament Hill to mark the Queen's Diamond Jubilee. The 85-year-old monarch ascended the throne on February 6, 1952 and will be celebrated throughout 2012.

Al Seib-Pool/Getty Images

Doctor Convicted in Michael Jackson's Death

Conrad Murray, Michael Jackson's personal physician, is convicted of involuntary manslaughter for his role in the pop star's anesthetic overdose.



FETH BELAID/AFP/Getty Images

Arab Spring Extends Through Fall

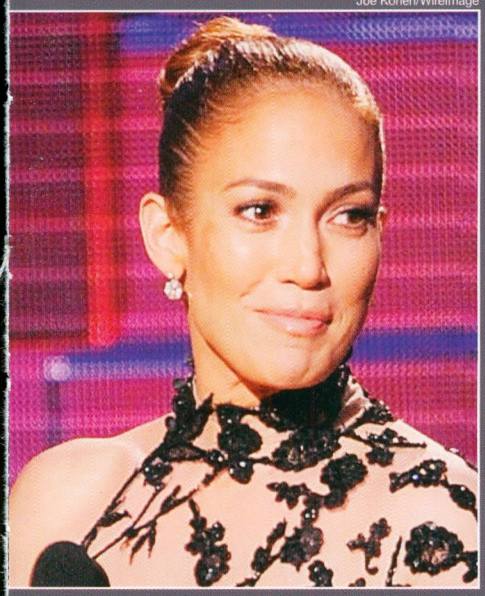
Middle East regimes topple with the death of Libya's Muammar Gaddafi and the ouster of Egypt's Hosni Mubarak and Tunisian dictator Zine El Abidine Ben Ali.

The Canadian Press/Ryan Remiorz

Jack Layton Passes Away at age 61

NDP Leader Jack Layton died on August 22, 2011 weeks after announcing that he was fighting a new form of cancer, and just months after leading his party to its most successful federal election result ever.

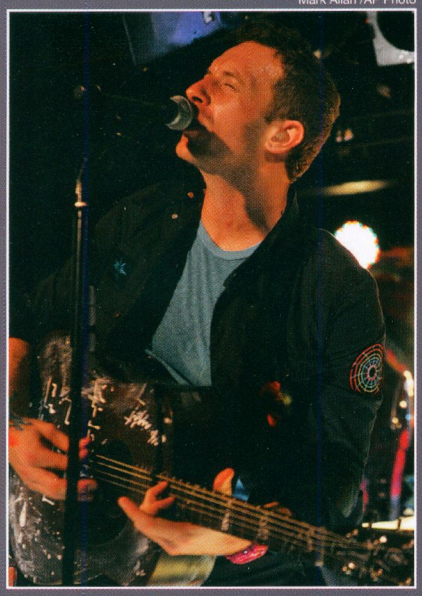
Joe Kohen/WireImage



Jennifer Lopez Goes Solo

After the tabloids cover her split from husband Marc Anthony, Jennifer Lopez wins a Favourite Latin Artist Award from the American Music Awards.

Mark Allan /AP Photo



Coldplay Plays It Cool

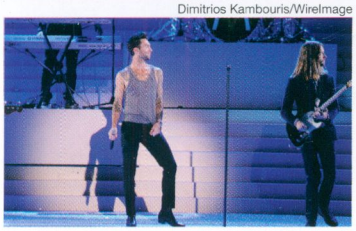
Coldplay releases its fifth album, *Mylo Xyloto*, and streams a concert in Spain as a live webcast on YouTube.

Press Association/AP Images

Gaga Visits Obama

Lady Gaga drops in on President Obama to lend her support to his anti-bullying campaign, according to a White House senior advisor's blog.

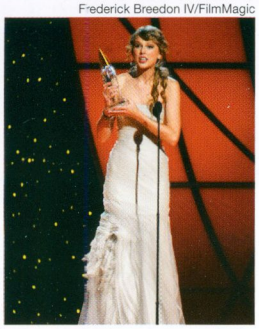
Dimitrios Kambouris/WireImage



Maroon 5 Moves Like Winners

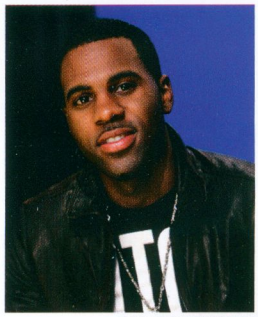
Maroon 5 wins an AMA Pop/Rock Favourite Band award. The cast of *Glee* covers the band's hit single, "Moves Like Jagger."

Frederick Breedon IV/FilmMagic



Taylor Made Good

Singer-songwriter Taylor Swift releases her *Speak Now World Tour: Live* album and is named CMA Entertainer of the Year.



Richard Drew/AP Photo

Jason Derulo Recovers from Fracture

Singer-songwriter Jason Derulo lands in the hospital and cancels a planned UK tour after fracturing his neck while rehearsing acrobatic stage moves.

Ethan Miller/Getty Images

The Merry Band Perry

Siblings Kimberly, Neil, and Reid Perry of The Band Perry celebrate a Platinum album, three CMA Awards and a Grammy nomination.

Rick Diamond/Getty Images for GMC

Natalie Grant Gets Grammy Nod

Singer Natalie Grant receives a Grammy nomination for Best Gospel/Contemporary Christian Music Performance, for "Alive (Mary Magdalene)."

Richard Diamond/Getty Images

Casting Crowns Hit the Town

The acclaimed contemporary Christian rock group, Casting Crowns, launches a tour to promote its latest album, *Come to the Well*.

Dana Edelson/NBC/NBCU Photo Bank via AP Images

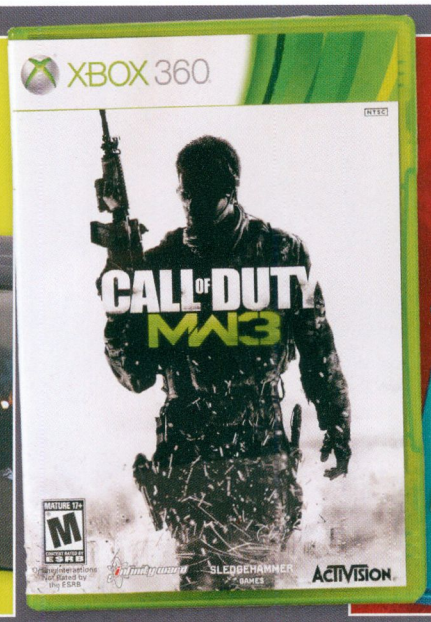
Foster the People Pumps Up

More than a year after the catchy single's release, "Pumped Up Kicks" finally reaches the top of the singles chart.

Sean Gallup/Getty Images

Polaroid Pictures to Go

The Pogo instant digital camera from Polaroid prints its own snapshots to share in less than a minute.



***Call of Duty* Earns $400 Million**

The debut of *Call of Duty: Modern Warfare 3* is the most successful game launch in history, according to Activision Blizzard, Inc.

No Glasses Required for Nintendo "3DS"

The newest Nintendo 3DS device features a no-glasses 3D screen and allows players to record 3D video footage.

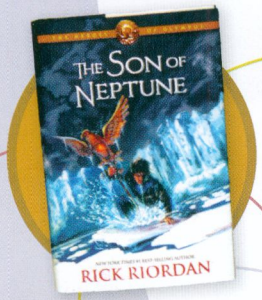
Entertainment

Super Mario 3D Land Conquers a New Dimension

Developed for the Nintendo 3DS, *Super Mario 3D Land* receives rave reviews for its addictive 3D experience.

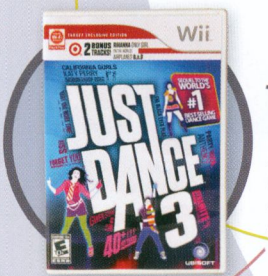
***Angry Birds* Goes Mobile**

The humorous and addictive computer game, *Angry Birds*, is one of the most successful mobile apps in the world.



Readers Welcome *The Son of Neptune*

Troubled teenage demigod Percy Jackson returns for more adventure in the second book of the *Heroes of Olympus* series.

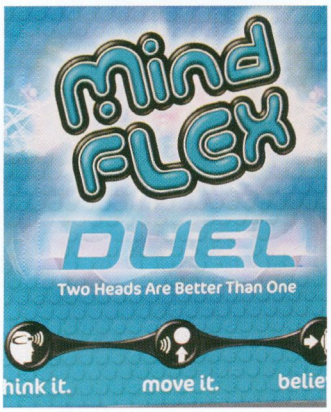


***Just Dance 3* Steps Out**

Ubisoft releases *Just Dance 3*, featuring singles by Katy Perry, Cee Lo Green, Britney Spears, Scissor Sisters, and The Black Eyed Peas.

***Madden NFL 12* Scores Big**

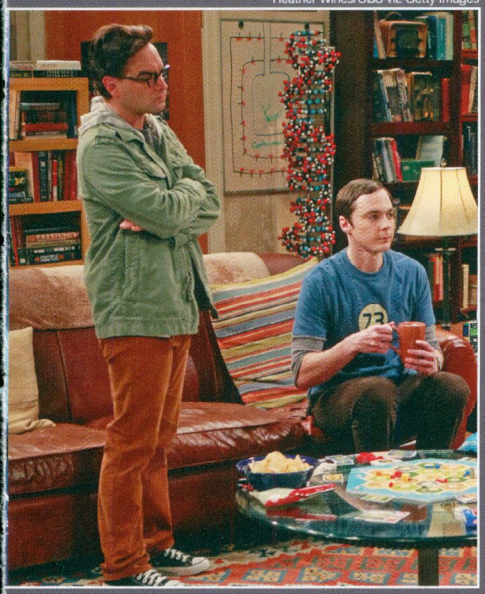
EA Sports adds non-NFL players like female quarterback Hope Bromley to the free agents in *Madden NFL 12*, the newest edition of the popular video game.



***Mindflex Duel* Is a Brainy Game**

Mindflex Duel players wear special, brain wave-sensing headsets to steer foam balls through the air and around obstacles.

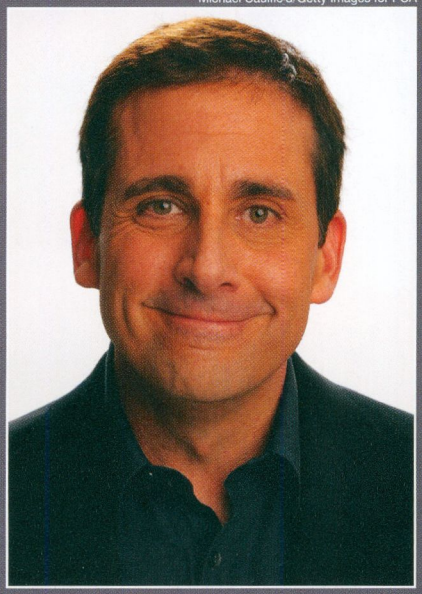
Heather Wines/CBS via Getty Images



More Bang for the Buck

The Big Bang Theory, a popular sitcom about geeky research scientists and the women in their lives, is in its fifth season.

Michael Caulfield/Getty Images for PCA



Missing Michael at the Office

Critics and fans tune into the eighth season of *The Office* to see how the ensemble cast fares after the departure of star Steve Carrell.

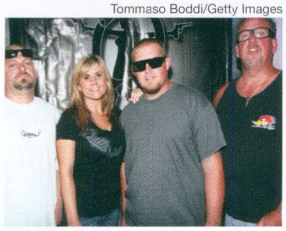
Sergei Bachlakov/© The CW/Courtesy Everett Collection

Bewitching Teens Cast a Spell

When Cassie Blake moves to a small town in Washington State, the teen is invited to join a coven of witches in *The Secret Circle*.

Television

Tommaso Boddi/Getty Images



Victors in *Storage Wars*

In southern California, abandoned storage lockers are sold at auction to competing buyers who hope to find hidden treasure in *Storage Wars* on A&E.

Ray Mickshaw/Fox via Getty Images

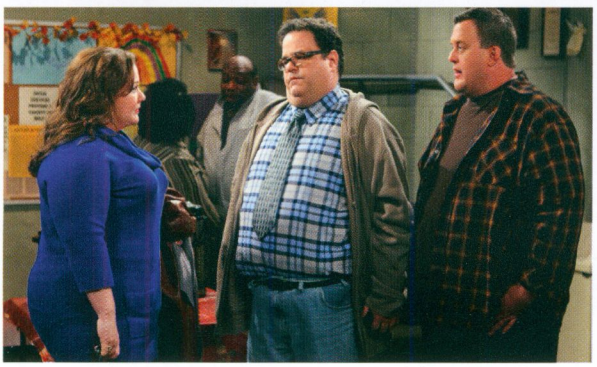
X Marks The Spot

Simon Cowell is set to kick off season two of the U.S. version of the *X-Factor*. This year's competition will feature new judges to replace Paula Abdul and Nicole Sherzinger, as well as a new host.

Kevin Winter/Getty Images

NBC Finds Its Voice

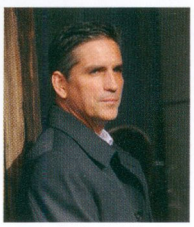
Christina Aguilera, Cee Lo Green, Adam Levine and Blake Shelton compete to coach unknown singers to victory in the reality talent show, *The Voice*.



Cliff Lipson/CBS via Getty Images

Big Stars on Small Screen

Mike & Molly, a sitcom about an obese couple who start dating after they meet at an Overeaters Anonymous meeting, is in its second season.



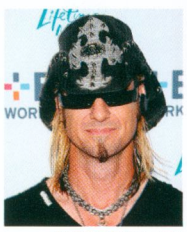
Bobby Bank/WireImage

Vermin, Beware

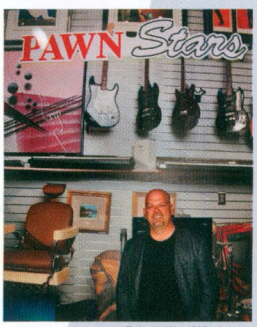
An eccentric Louisiana exterminator works the front lines of his family business in the reality show *Billy the Exterminator*.

CBS Captures Viewers *Interest*

A mysterious billionaire scientist hires a former CIA officer to help him prevent crimes before they occur. The crime drama, *Person of Interest*, is a hit for CBS.



AP Photo/Peter Kramer



Brian Killian/WireImage

Playing the Pawn

The History Channel has a hit with *Pawn Stars*, featuring the Harrison family and selected treasures from their Las Vegas pawn shop.

AP Photo/Lionsgate

Lionsgate Releases *The Hunger Games*

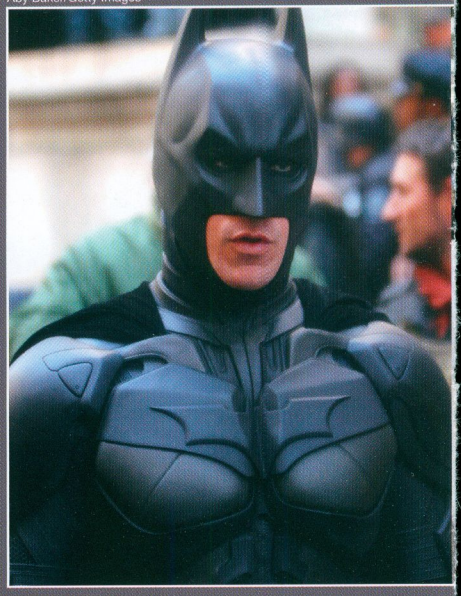
Jennifer Lawrence and Woody Harrelson star in *The Hunger Games*, a film adaptation of the popular science fiction novel.

Eric Charbonneau/WireImage

A Winning Season

Brad Pitt and Jonah Hill star in *Moneyball*, based on the true story of the Oakland Athletics' record-breaking 2002 season.

Aby Baker/Getty Images



A Dark and Stormy Knight

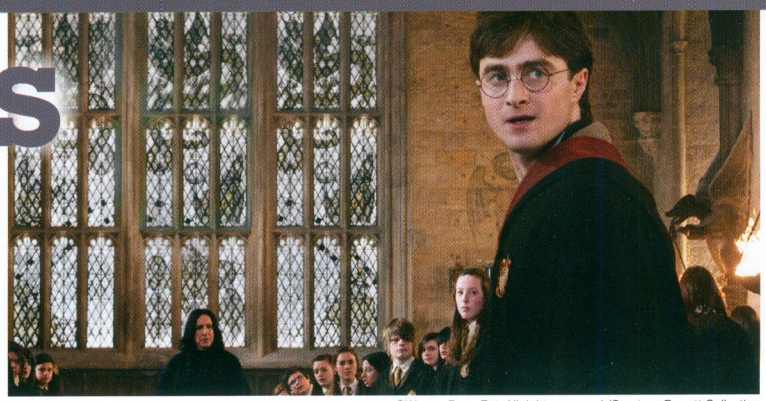
Batman (Christian Bale) returns to Gotham to uncover the truth about Selina Kyle (Anne Hathaway) in *The Dark Knight Rises*.

Movies

Warner Bros./Courtesy Everett Collection

The Boys Are Back

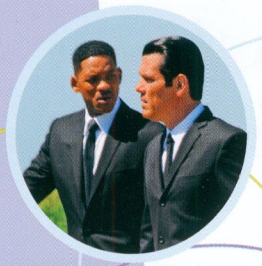
Robert Downey, Jr. and Jude Law return as Sherlock Holmes and Dr. Watson in Guy Ritchie's *Sherlock Holmes: A Game of Shadows*.



©Warner Bros. Ent. All rights reserved./Courtesy Everett Collection

Harry Potter Series Finale on Home Video

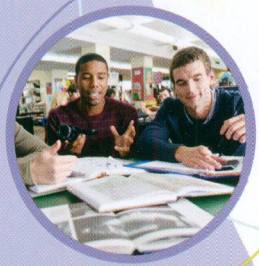
After inspiring moviegoers to camp out for the first midnight showings, *Harry Potter and the Deathly Hallows: Part 2* comes to home video.



Bobby Bank/Contributor/Getty Images

Agent J Returns

Josh Brolin joins Will Smith, Tommy Lee Jones and some seriously sinister aliens in the long-awaited science fiction comedy sequel, *Men in Black 3*.

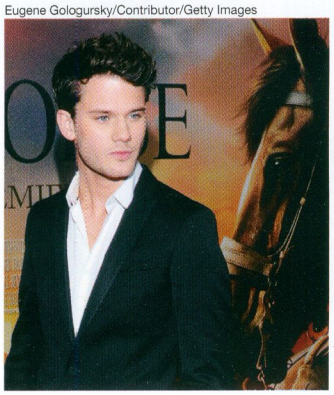


Diyah Pera/TM & ©20th Century Fox Film Corp. All rights reserved/courtesy Everett Collection

Chronicle Flies into Theaters

Three students discover they have superpowers far beyond their understanding. As their powers grow, so does their dark side to use them to their advantage. Their lives take unexpected turns as they try to deal with the unexplainable changes.

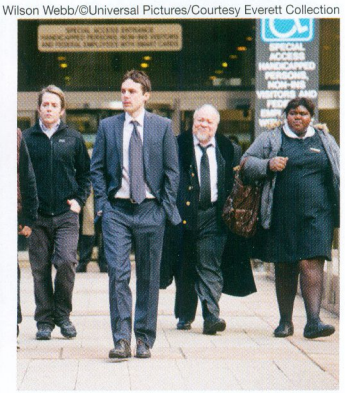
Eugene Gologursky/Contributor/Getty Images



War Horse Sells Tickets and Tissues

When a boy's beloved thoroughbred is sold to an Army captain on the eve of World War I, a deeply moving drama is set in motion in *War Horse*.

Wilson Webb/©Universal Pictures/Courtesy Everett Collection



The Revenge of the 99 Percent

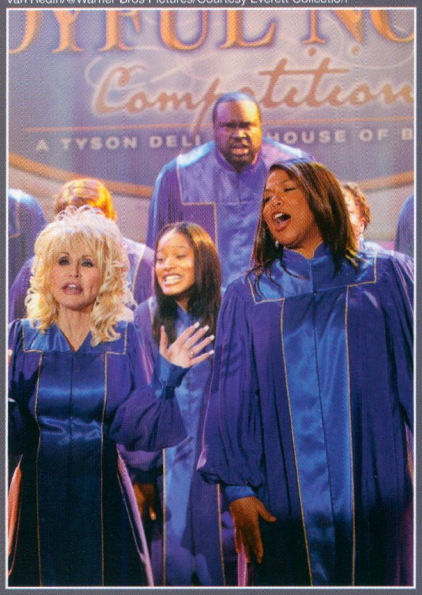
When the boss squanders their retirement savings, the little people get even. Ben Stiller and Eddie Murphy star in the crime comedy, *Tower Heist*.

Neal Preston/TM and copyright ©Twentieth Century Fox Film Corporation. All rights reserved/Courtesy Everett Collection

Animal House

Matt Damon stars as a well-meaning widower who brings his young children to live in a rundown zoo in *We Bought a Zoo*.

Van Redin/©Warner Bros Pictures/Courtesy Everett Collection



Make Some Noise

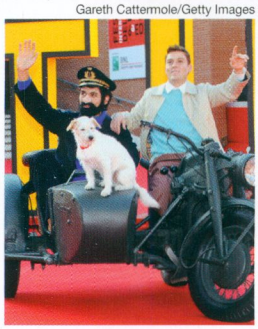
Queen Latifah and Dolly Parton star in *Joyful Noise*, about conflicts within a Georgia church choir as the group prepares for a national competition.

Dave M. Benett/Getty Images

Breaking Dawn Breaks Records

The Twilight Saga: Breaking Dawn – Part 1, the fourth installment in the series, earns $500 million in its first 12 days in theaters.

Gareth Cattermole/Getty Images



A Boy and His Dog

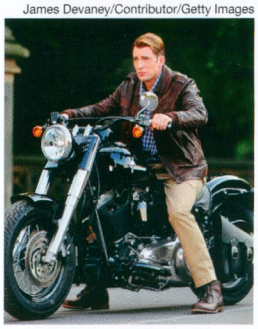
Steven Spielberg and Peter Jackson collaborate on the dazzling 3-D performance-capture film, *The Adventures of Tintin: The Secret of the Unicorn*.

AP Photo/ Frank Connor, Disney Enterprises

Live Action Adventure Is Out of This World

Disney delights sci-fi fans with *John Carter*, which chronicles the adventures of a Confederate captain who is drawn into conflict on another planet.

James Devaney/Contributor/Getty Images



Superheroes Save the World

A cast of superstars portray Marvel Comics superheroes recruited to battle an evil villain and his army in the theatrical release, *The Avengers*.

Merie Weismiller Wallace/TM and ©Fox Searchlight Pictures. All rights reserved/Courtesy Everett Collection

Heartstrings in Hawaii

George Clooney plays Matt King, who loses his wife but keeps his land and draws closer to his two young daughters in *The Descendants*.

Francois Duhamel/©Paramount Pictures/Courtesy Everett Collection

Super 8 Is Super Spooky

After teens witness a train accident in a small Ohio town, strange occurrences lead to extraterrestrial suspense in *Super 8*.

The Help Is a Hit

In the early 1960s, an idealistic, Caucasian writer wants to write about the struggles of the African-American maids who serve her peers in *The Help*.

Dale Robinette/©Walt Disney Studios Motion Pictures/Courtesy Everett Collection

Hoodies Are Classic Casuals
Comfortable, cozy, and laid-back hoodie sweatshirts convey an easy going attitude toward style.

Equestrian Style Steps Out
The classic English-style riding boot, worn with skirts or tucked-in skinny jeans, is one of the strongest footwear trends for fall and winter.

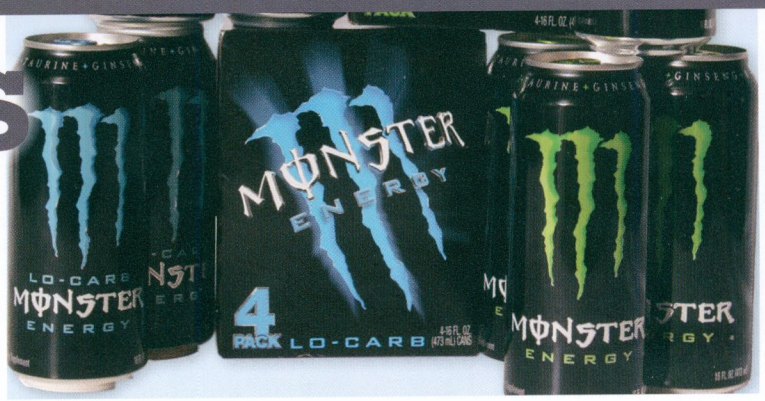
Slaven Vlasic/Getty Images for Pandora

Pandora Opens Beaded Bracelet Craze
Pandora charm bracelets from Denmark bring design-your-own style and sparkling self-expression to the jewelry store.

Trends

From Locker Room to Classroom

As temperatures drop, comfortable, cozy, high-performance sweat pants make the leap from gym class to everywhere-wear.



Energy Drinks as Teen Fuel Both Popular and Controversial
The caffeine and sugar in popular but controversial energy drinks fuel teens to help stay awake for late-night study sessions and socializing.

Cardigans Go Retro

A modern adaptation of the mid-century classic cardigan adds an extra layer of color, warmth, and style.

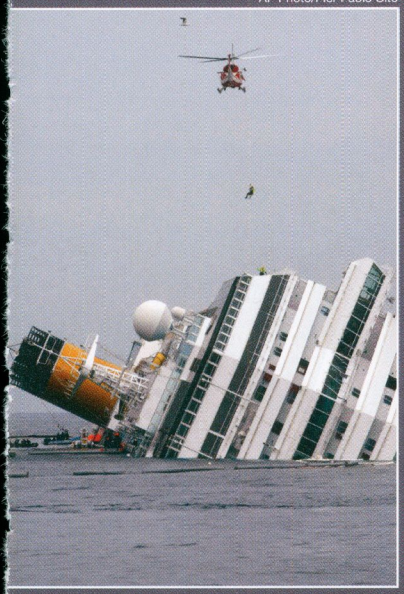
Aviator Shades Are Retro Chic
A new generation embraces the iconic shades of the 1970s. Metal-rimmed, aviator-style sunglasses make a stylish comeback.

Shaggy Chic

Tall, fringed suede boots add a touch of irreverent, hippie chic to short skirts, leggings, or tucked-in jeans.

Layers Make the Look
Layering is one of the strongest trends for fall and winter. Mixing textures and lengths, like a cropped jacket over a long top, creates looks that are both cozy and cool.

AP Photo/Pier Paolo Cito



Cruise Ship Capsizes

The *Costa Concordia* runs aground off the Italian coast near the Isola del Giglio, resulting in numerous casualties.

Pete Souza/The White House/MCT via Getty Images

Death of Bin Laden Catches Nation's Attention

The United States watched as news came in about the death of Osama Bin Laden, following the Seal Team 6 raid on the terrorist leader's Pakistan compound.

Joe Raedle/Getty Images

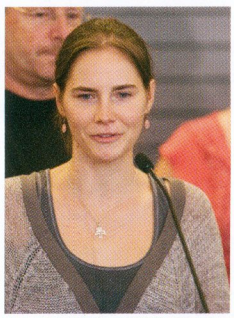
U.S. Troops Leave Iraq

The withdrawal of U.S. troops from Iraq ends in December, concluding eight years of war and occupation.

Milos Bicanski/Getty Images

Greek Economy Endangers European Stability

European nations offer bailout loans and urge austerity measures to keep the Greek debt crisis from damaging the Euro-Zone economy.



Kevin Casey/AFP/Getty Images

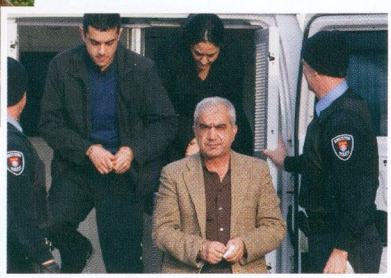
Amanda Knox Acquitted

Italian courts overturn the murder conviction of American college student Amanda Knox. She returns home to Seattle after serving four years in prison.

AP Photo/Havre Daily News, Nikki Carlson

Legislators Take Bullying Seriously

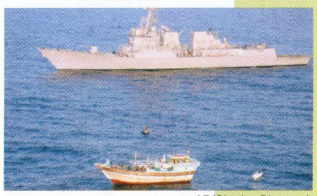
To address increasing concern over harassment in schools, several jurisdictions in Canada are in the process of enacting anti-bullying laws.



The Canadian Press/Graham Hughes

Shafia's Found Guilty

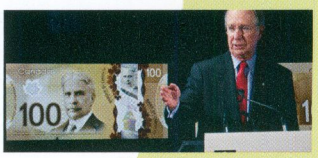
A Kingston, Ontario jury find Mohammad Shafia, 58, his wife Tooba Yahya, 42 and their son Hamed, 21, guilty in the murders of sisters Sainab, 19, Sahar, 17, Geeti, 13 and Mohammad Shafia's first wife, Rona Amir, 52.



AP/Charles Dharapak

Navy Rescues Iranian Crew from Pirates

In the North Arabian Sea, the USS *Kidd*, a U.S. Navy warship, rescues the crew of an Iranian fishing boat from Somali pirates.

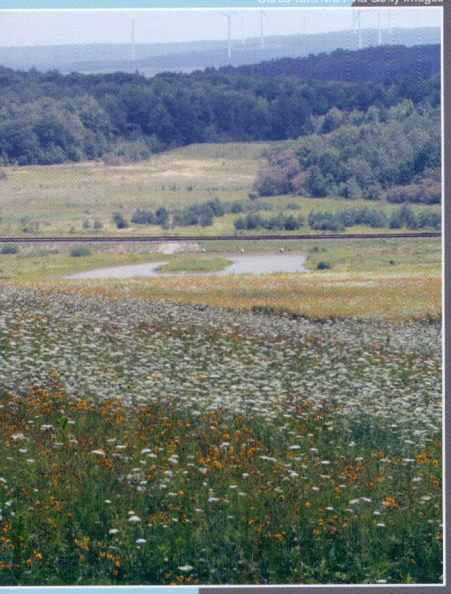


The Canadian Press/Paul Chiasson

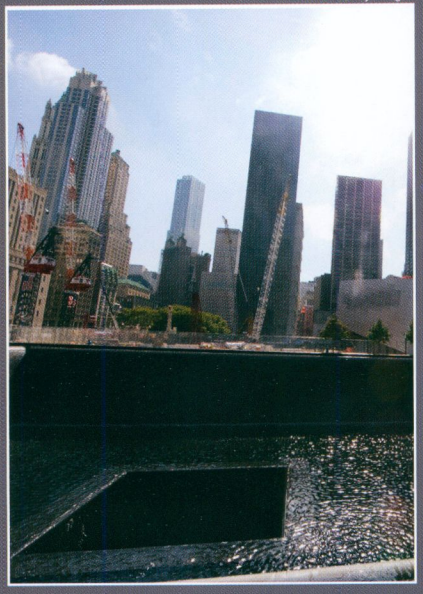
New $100 Bill

The Bank of Canada releases the first polymer bank note that contains a wealth of anti-counterfeiting features such as partially hidden numbers. The new bill is anticipated to last two-and-a-half times longer than its counterpart.

Curtis Tate/MCT via Getty Images



DON EMMERT/AFF/Getty Images



PAUL J. RICHARDS/AFP/Getty Images

On September 11, 2001, acts of terrorism took the lives of thousands at the World Trade Center in New York City, in a grassy field in Shanksville, Pennsylvania and here at the Pentagon.
We will forever remember our loved ones, friends and colleagues.

Pennsylvania **New York** **Washington, D.C.**

The Nation Remembers 9/11

On the tenth anniversary of the 9/11 terrorist attacks, memorial events are held in New York, Pennsylvania and Washington, D.C. Twenty-six Canadians perished on September 11, 2001.

Give & Take

Seth Wenig/AP Photo

Watson Gets a Government Job

After trouncing human *Jeopardy* champions, Watson, the IBM supercomputer, analyzes pharmaceutical patent data for the National Institutes of Health.

The Canadian Press/Larry MacDougal

Canada Post Removes Letter-Boxes

The iconic red boxes are getting harder to find as Canada Post removes more than 1,000 letter-boxes from across the country as household mail declines.

KAREN BLEIER/AFP/Getty Images

Coupon Clipping Continues

Coupons are a lifestyle trend as consumers emulate super-thrifty shoppers featured on TV shows like *Extreme Couponing* on TLC.

Jesse Tinsely/The Spokesman-Review/ AP Photo

School Buildings Go Green

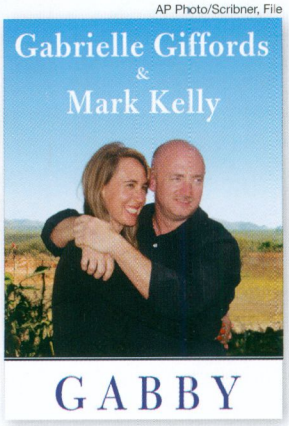
Provinces are adopting green building practices so that school buildings can save energy and use fewer resources.

AP Photo/The Oakland Press, Jose Juarez

Consumers Trash Junk Mail

Households across the nation are taking steps to reduce the paper waste of unwanted junk mail from catalog companies and advertisers.

AP Photo/Scribner, File



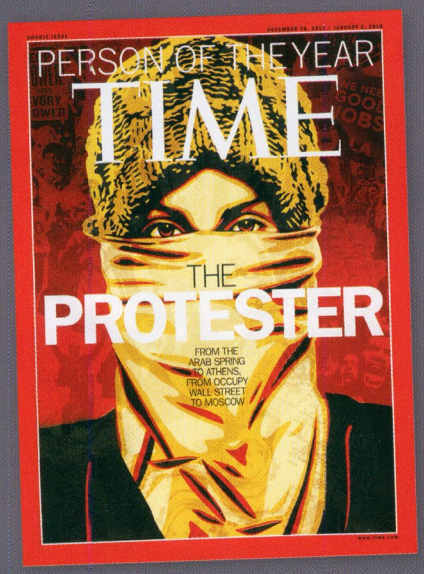
Gabby Giffords Pens Memoir

One year after she was shot by a would-be assassin, Representative Gabby Giffords and her husband publish a memoir.

The Canadian Press/Jonathan Hayward

Occupy Wall Street

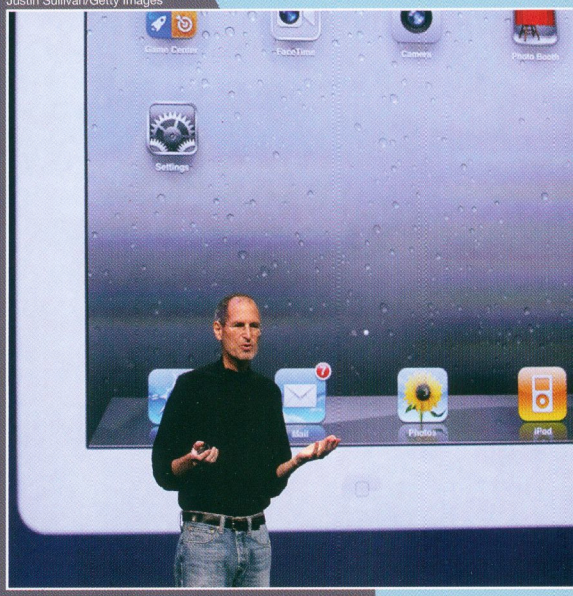
Outrage over bank bailouts and foreclosures sparks a protest movement that spreads from New York's Zuccotti Park to cities across Canada.



"The Protester" Is Person of the Year

As demonstrations in Tunisia, Egypt, Libya, Syria, and New York make headlines, *Time* magazine names "The Protester" as 2011's Person of the Year.

Justin Sullivan/Getty Images



Steve Jobs Dies

Apple co-founder Steve Jobs, a pioneer in the personal computing and consumer electronics fields, dies at age 56 of pancreatic cancer.

AP Photo

Women Leaders Share Nobel Peace Prize

Liberian peace activist Leymah Gbowee, Liberian President Ellen Johnson-Sirleaf, and Tawakkol Karman of Yemen all receive the Nobel Peace Prize.

PARK JI-HWAN/AFF/Getty Images

New LED Lightbulbs Shine for Decades

Pricey, Energy Star-rated LED bulbs debut in stores and outshine compact fluorescent bulbs, lasting five times longer.

AP Photo/Mark Stehle

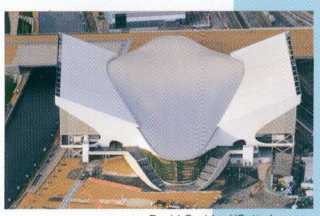
New Standards Regulate Fracking Practices

Regulators announce national anti-pollution standards to oversee the natural gas industry's practice of hydraulic fracturing, or fracking.

Lance Cpl. Emmanuel Ramos/ Marine Corps Base Quantico Public Affairs/AP Photo

YouTube Request Snags Timberlake

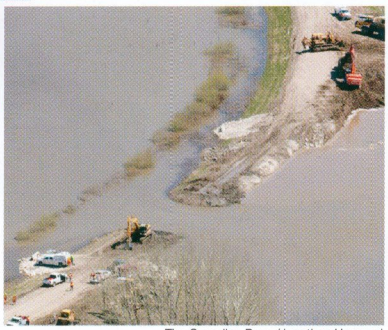
Corporal Kelsey de Santis successfully asks Justin Timberlake to be her date for the Marine Corps Ball by posting a video on YouTube.



David Goddard/Getty Images

London Builds an Eco-savvy Olympic Park

Green building practices transform former industrial land into London's Olympic Park for the 2012 Summer Games.



The Canadian Press/Jonathan Hayward

Historic Prairie Flooding

Water from the swollen Assiniboine River in Manitoba breaches a dike on May 14, 2011. Widespread flooding hit parts of Manitoba, Saskatchewan and Northern Ontario and resulted in unprecedented water levels not seen in hundreds of years.

Scott Eells/Bloomberg/Getty Images

Airlines Fly Toward Greener Fuels

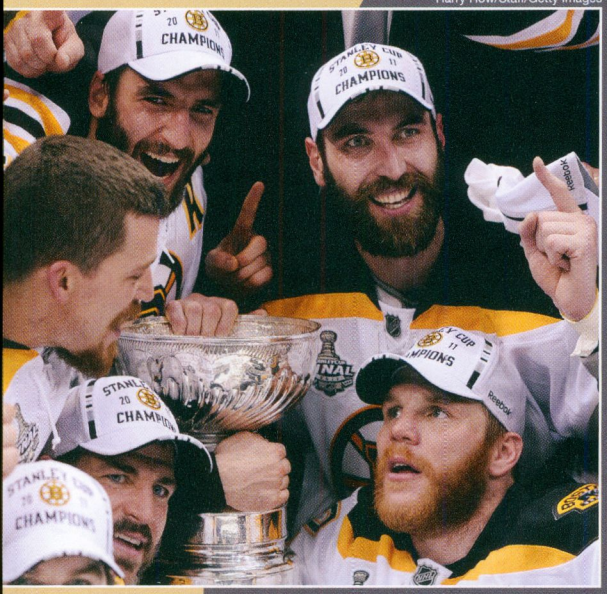
Seeking to decrease greenhouse gas emissions and shrink their carbon footprint, passenger jets are starting to switch to new bio-fuels.

Canada's Best Run Cities

1. Burnaby, B.C.
2. Saskatoon, SK
3. Surrey, B.C.
4. Vancouver, B.C.
5. Longueuil, Q.C.
6. Sherbrooke, Q.C.
7. London, ON
8. Saint John, N.B.
9. Quebec City
10. Toronto, ON

Source: Macleans.ca

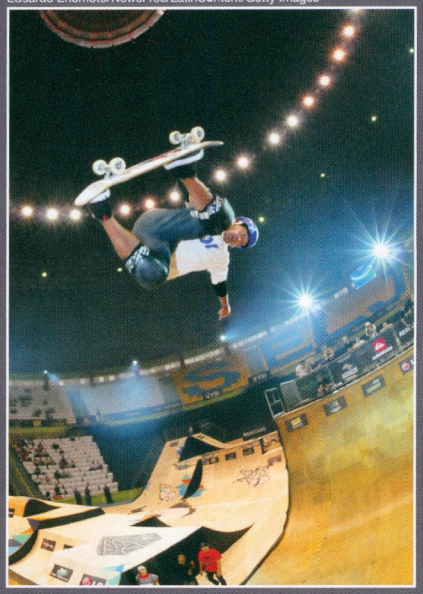
Harry How/Staff/Getty Images



Boston Bruins Bear Down

Following their first Stanley Cup win in 39 years, the Boston Bruins keep the momentum going strong with a solid 2011-2012 season.

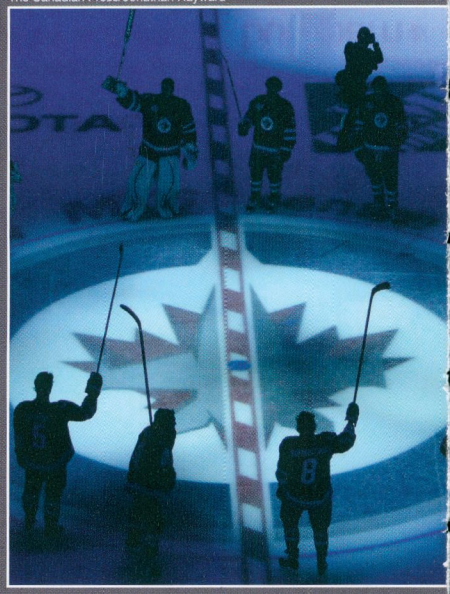
Eduardo Enomoto/NewsFree/LatinContent/Getty Images



Skaters Gather in Brazil

Lincoln Ueda, Tony Hawk and other world-class skateboarders headline a "Jump" festival at Ibirapuera gym in Sao Paulo, Brazil.

The Canadian Press/Jonathan Hayward



Comeback: The Winnipeg Jets

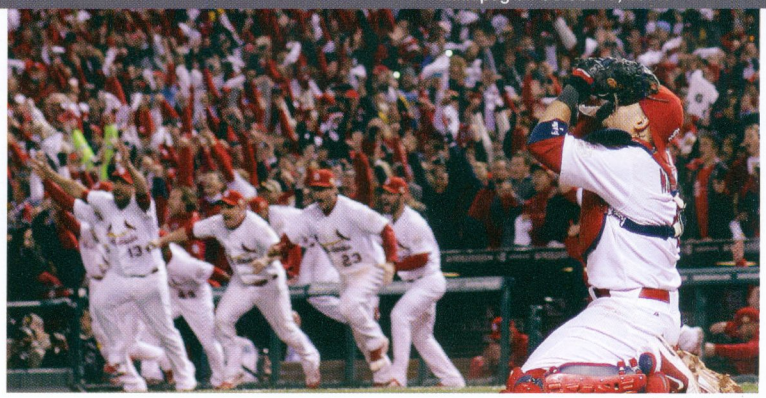
The NHL is back in the 'Peg. The inaugural game against the Montreal Canadiens was played at MTS Centre in Winnipeg on October 9, 2011.

Sports

The Canadian Press/Jonathan Hayward

Canadian Women's Soccer

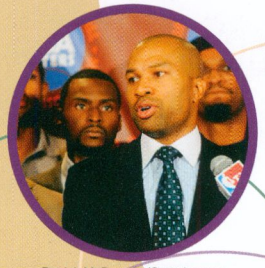
Christine Sinclair from Burnaby, B.C. celebrates her team's 3-1 win over Mexico at the CONCACAF women's Olympic qualifying game at B.C. Place on January 27, 2012.



Ezra Shaw/Getty Images

St. Louis Cardinals Win World Series

With a win over the Texas Rangers in seven games, the St. Louis Cardinals take home their 11th World Series victory.



Patrick McDermott/Getty Images

Basketball Players End Strike

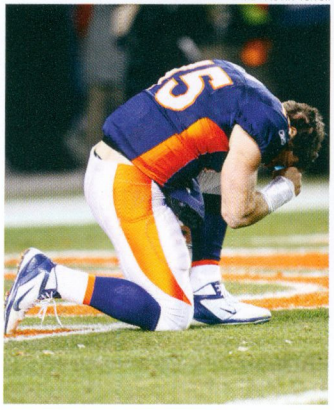
The 2011 NBA lockout ends as basketball team owners and players strike a deal. The start of the season is delayed until Christmas.

The Canadian Press/AP – Nathan Bilow

Sarah Burke

Canadian skier Sarah Burke, 29, dies from injuries sustained during a training run in Utah on January 19, 2012.

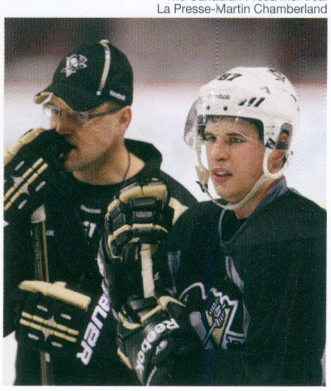
AP Kevin Terrell



Talking Tebow

Sports announcers and fans debate over Denver Broncos quarterback Tim Tebow, an athlete who wears his faith on the sleeve of his football jersey.

The Canadian Press/Montreal La Presse-Martin Chamberland



Sidney Crosby

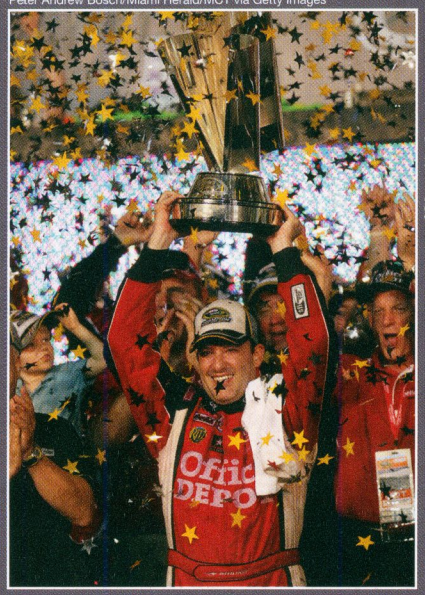
Sidney Crosby of the Pittsburgh Penguins was sidelined for most of the 2011 season following a concussion. He returned in November to play, scoring two goals, but by December, Crosby was sidelined again.

Mark Wilson/Getty Images

99th CFL Grey Cup

The B.C. Lions overtake the Winnipeg Blue Bombers 34-23 on Sunday, November 27, 2011 in Vancouver, B.C.

Peter Andrew Bosch/Miami Herald/MCT via Getty Images

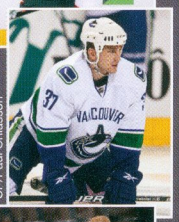


Tony Stewart Races to NASCAR Victory

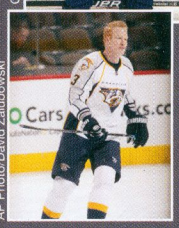
In the season's final race of the NASCAR Sprint Cup Series at Homestead-Miami Speedway, Stewart edges out Carl Edwards in a tiebreaker.

CP/Larry MacDougal

CP/Paul Chiasson



AP Photo/David Zalubowski



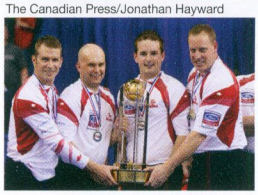
Family, Fans and the NHL Mourn Players

Derek Boogaard
June 23, 1982 – May 13, 2011

Rick Rypien
May 16, 1984 – August 15, 2011

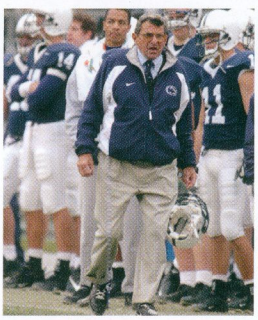
Wade Belak
July 3, 1976 – August 31, 2011

The Canadian Press/Jonathan Hayward



Team Stoughton Takes Gold

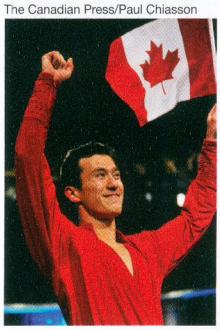
Team Stoughton celebrates a 6-5 gold medal win over Scotland at the Ford World Men's Curling Championships in Regina, Saskatchewan on April 10th, 2011. This is Stoughton's second world curling title.



JoePa Loses His Battle with Lung Cancer

Joe Paterno, the beloved college football coach who led the Penn State Nittany Lions to a record-breaking 409 victories, dies at age 85.

The Canadian Press/Paul Chiasson



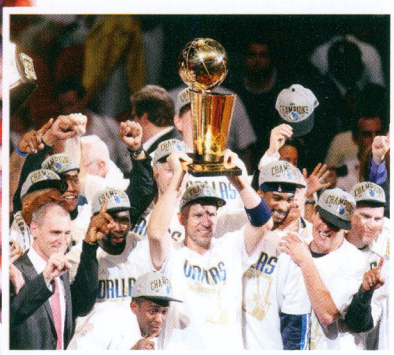
Gold Medal Win for Toronto's Patrick Chan

Patrick Chan, 21, wins gold for his spectacular performance at the men's ISU Grand Prix of Figure Skating on December 10, 2011 in Quebec City.

Al Bello/Getty Images

New York Wins Super Bowl Trophy

Eli Manning leads the New York Giants to their fourth Super Bowl triumph, narrowly defeating the New England Patriots 21 to 17.

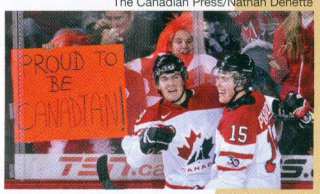


Marc Serota/Getty Images

Dallas Mavericks Beat the Heat

The Dallas Mavericks ice the Miami Heat dream team and LeBron James by winning the 2011 NBA World Championship in Game 6.

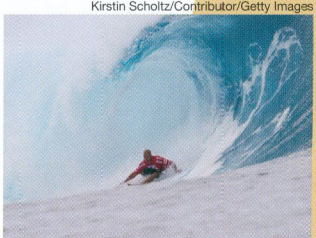
The Canadian Press/Nathan Denette



Team Canada's Bronze

Canada captured bronze in a 4-0 victory over Finland in the IIHF World Junior Championship in Calgary, on January 5, 2012.

Kirstin Scholtz/Contributor/Getty Images



Kelly Slater Rules the Waves

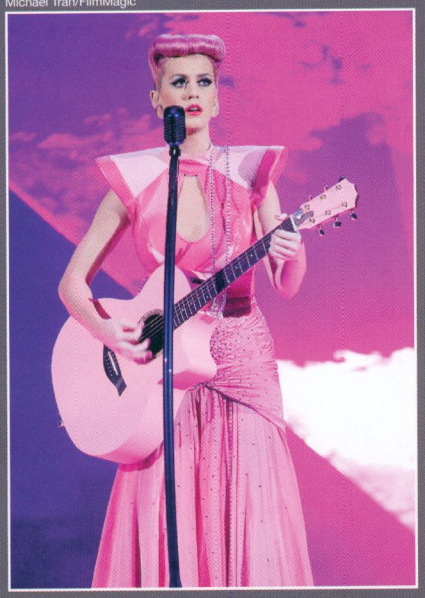
By winning top honors at the Billabong Pro Tahiti competition, surfer Kelly Slater captures his 47th elite World Tour victory.

Kevin Winter/Getty Images for Latin Recording Academy

Usher on the Upswing

Usher wins the AMA Favourite Male Artist award, performs with Justin Bieber for NBC's *Christmas in Rockefeller Center*, and reunites with Ludacris.

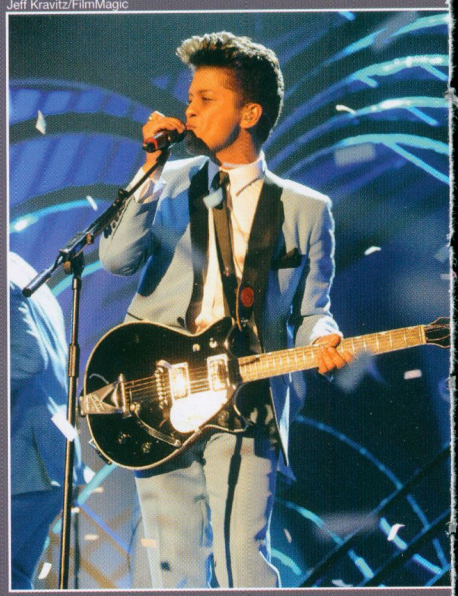
Michael Tran/FilmMagic



Katy Perry Stays on Top

Katy Perry is the year's most-played artist on the radio, with five Number One singles. She sells two million albums and 24 million digital downloads.

Jeff Kravitz/FilmMagic



The Rising Star, Bruno Mars

Singer-songwriter Bruno Mars receives six Grammy nominations, an AMA Award for best Pop/Rock Male Artist, and sings with the Muppets on *Sesame Street*.

Music

Abdeljalil Bounhar/AP Photo

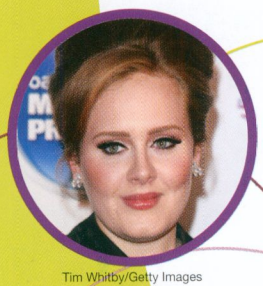
Kanye's Lucky Seven

Hip-hop superstar and producer Kanye West receives a total of seven 2012 Grammy nominations, more than any other artist for the season.

Mark Humphrey/AP Photo

Lady A. Owns the Night

Nashville's Lady Antebellum hits the country charts with "Just a Kiss," from their third studio album, *Own the Night*.



Tim Whitby/Getty Images

Adele Turns 21

Despite vocal cord trouble that forces her to suspend touring, Adele is Billboard's Number One artist of 2011 and her album, *21*, is the year's top seller.

George Rose/Getty Images

Whitney Houston Dies at Age 48

The music industry and fans alike were stunned about the death of music icon, Whitney Houston. Her body was found unresponsive on Saturday, February 11th in her Los Angeles hotel room.

CELEBRATING 40 YEARS OF THE JUNO AWARDS

CANADA'S MUSIC AWARDS MARCH 21-27 | 2011 | TORONTO

2011 JUNO Awards Highlights

Album of the Year –
The Suburbs, Arcade Fire

Artist of the Year –
Neil Young, Reprise

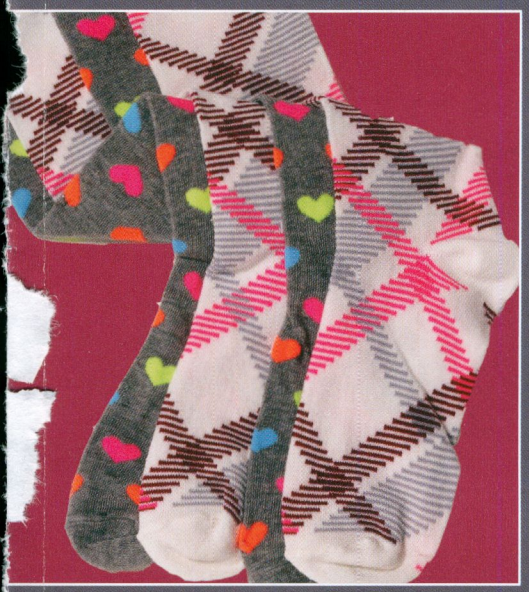
Group of the Year –
Arcade Fire

New Artist of the Year –
Meaghan Smith

Songwriter of the Year –
Arcade Fire

Pop Album of the Year –
My World 2.0, Justin Bieber

JUNO Fan Choice Award –
Justin Bieber



Mismatched Socks Are No Accident
Bending the rules is always in style. Students express their creativity by mixing brightly colored, patterned, mismatched socks.

The Time Is Right for the Neon Watch
One of the must-have accessories for both guys and girls is a big, chunky watch in bright, neon hue.

Boy Style
Whether they're boot cut, skinny, or loose fit, jeans are still the focus of today's style. Just throw on your favorite tee or hoodie and you're good to go!

Stepping Out in Ballet Flats
Cute, comfortable, versatile ballet flats go with just about everything from school outfits to party attire.

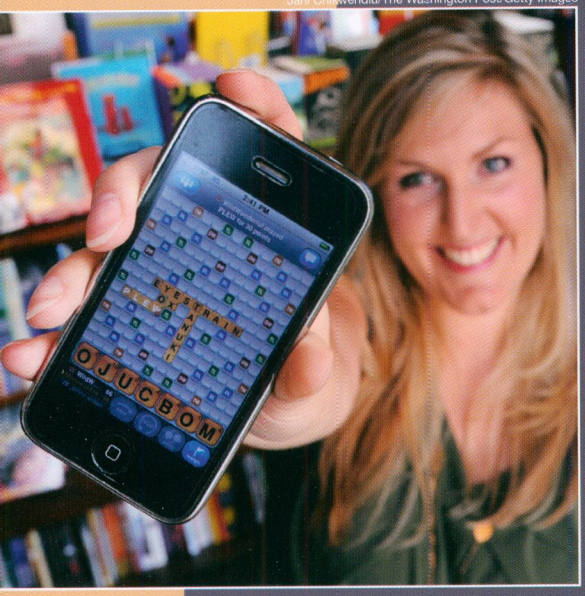
Yogurt Goes Greek
Greek-style yogurt, which is creamier and less sour than ordinary yogurt, adds more delicious options to the dairy case.

Nail Polish Crackles
Ordinary manicures get contrast, color, and texture with special, crackle-effect topcoat formulas.

Music Goes to Your Head
Dr. Dre introduces high-performance, over-ear headphones that cancel outside noise and enhance the listening experience.

Faux Is a Go
The posh look and plush feel of faux fur inspires designers to go wild. Fabulous faux jackets, vests, collars and accessories are hot — and warm.

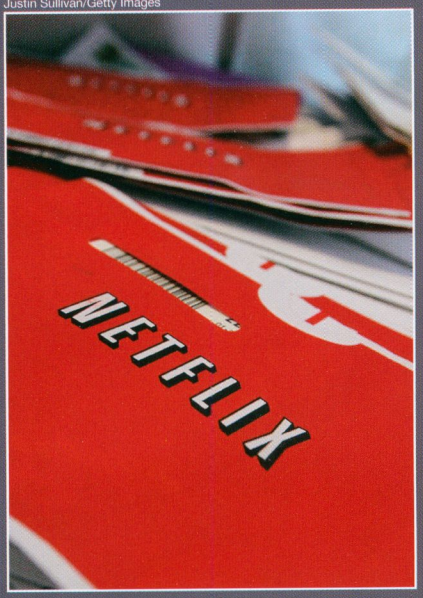
Jahi Chikwendiu/The Washington Post/Getty Images



Smartphone Users Love Wordplay

The number-one mobile word game is Zynga's addictive "Words with Friends," a cross-platform challenge for friends and strangers.

Justin Sullivan/Getty Images



Moviegoers Stay Home With Netflix

Netflix, a popular online movie rental service, delivers new flicks to home screens via instant streaming and discs in the mail.

Ben Rose/WireImage

Oprah Moves On

Oprah Winfrey airs the final episode of her daytime television talk show after 25 seasons. The hour attracts 16.4 million viewers.

Lifestyle

Stephen Hilger/Bloomberg/Getty Images

Nike Makes It Personal

Online custom build-it functionality allows consumers to design their own Nike ID footwear by specifying colors and performance features.

PRNewsFoto/Disney D23

Walt Disney World Celebrates 40th Anniversary

The Walt Disney World Resort turns 40. The celebration at Magic Kingdom Park includes fireworks and a mass sing-along of "When You Wish Upon a Star."

9 Foods Invented by Canadians

- Ginger Ale
- Instant Mashed Potatoes
- Marquis Wheat
- McIntosh Apples
- Baby Pablum
- Poutine
- Processed Cheese
- Yukon Gold Potatoes
- Canola Oil

Source: Sympatico.ca Lifestyle

Press Association/AP Images

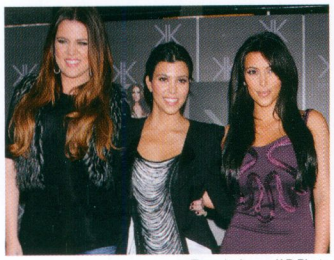
Facebook Makes It Easier to *Go Back in Time.*

Facebook introduces its new interface, *Timeline*, which allows users to easily view everything from past photos, wall posts, and status updates from any year they were subscribed to Facebook.

Kiyoshi Ota/Bloomberg/Getty Images

Apple iPhone 4S Launches

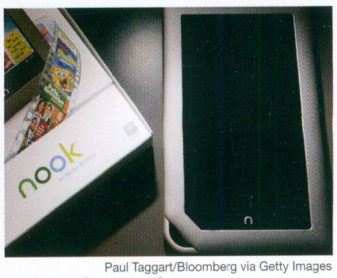
Apple unveils the iPhone 4S, which features an 8-megapixel camera and the same dual-core chip as the iPad.



Tammie Arroyo/AP Photo

Kardashian Sisters Build Reality Show Empire

Between Kim's 72-day marriage, Kourtney's second pregnancy, and various scandals, the media can't resist covering the Kardashians' every move.



Paul Taggart/Bloomberg via Getty Images

Tablet Computing Trends Upward

The tablet computing craze is going strong. Consumers can't resist the Apple iPad 2, as well as competitors like the Kindle Fire and the Transformer Prime.

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